

5 Health

Aim	To read about two people's lifestyles and assess how healthy they are.
Preparation	Copy the handouts on pages 23 and 25 – one copy per student.

Introduction (5 minutes)

Elicit/pre-teach the words *healthy* and *unhealthy*. Ask students: *Do you eat healthy food? If not, why not?* Elicit answers from students. A student may answer: *I eat too much butter and cheese*. Use the opportunity to elicit/teach the word *fat*, as in *Butter and oil are fats*.

Activity B In pairs, students answer the questions. Check answers orally, explaining where necessary. For question 4, encourage discussion. Example: *I eat a lot of fat. I don't eat enough vegetables*.

(continued on page 24)

Presentation (20 minutes)

Activity A In pairs, students read the health quiz, using their dictionaries where necessary. They discuss the questions and put a tick or cross beside each sentence. Check answers orally, encouraging discussion. Correct major errors. Example language: *Red wine is good for you. Too much fat is bad for you*. Point out the uncountable nouns: *sugar/fruit/meat/honey is...* Write new words on the board in sentences.

Key	
A	1 Right. Regular exercise stimulates the release of certain hormones/chemicals in the blood that make you feel good. 2 Wrong, but you must eat carefully to make sure that you get enough vitamins and protein. 3 Wrong. Both are carbohydrates that act very quickly to give you energy. 4 Right. Otherwise, your metabolism is slow all day. 5 Right. You must eat some fat in order to be healthy. Very little fat or no fat is bad for you. 6 Wrong. Fat is worse for you than sugar. Too much fat can thicken your arteries so that the blood cannot get through. 7 Wrong. People put on weight as they get older because they don't take much exercise.
B	8 Wrong. You should eat five portions a day if you want to be really healthy and prevent dangerous illnesses. 9 Wrong. Red wine is better for your heart than white wine. 10 Wrong. Cooked tomatoes are better for you, as they protect you against certain kinds of cancer. 1 You feel very unhappy. 2 a unhealthy b uncooked c worse d put on weight e ill 3 Possible answer: butter, oil, meat fat 4 Open answer

(continued on page 24)



5 Health

- A** Work in pairs. Read through the Health Quiz. Do you think the sentences are right or wrong? Put a tick (✓) or cross (✗) next to each sentence. Then discuss your answers with the class.

Health Quiz

1 If you are depressed, exercise can help.

2 If you don't eat meat, you can get ill.

3 Honey is better for you than sugar.

4 You should always eat breakfast.

5 It is unhealthy to eat no fat.

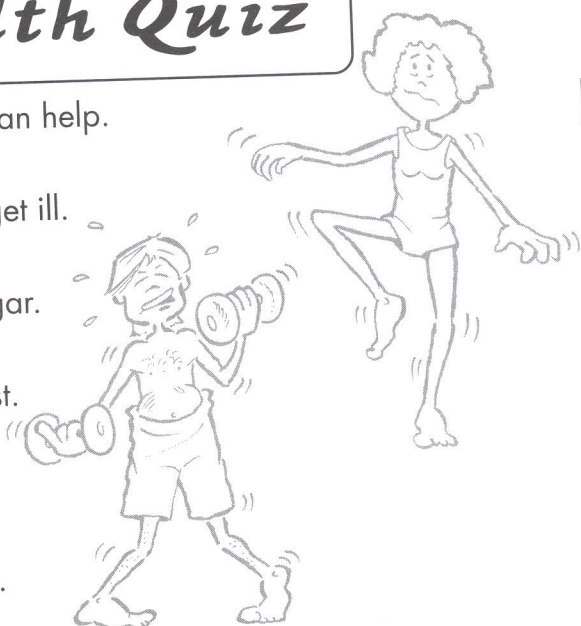
6 Sugar is worse for you than fat.

7 People put on weight as they get older because their bodies slow down.

8 You should eat three portions of fruit and vegetables every day.

9 White wine is better for you than red wine.

10 Uncooked tomatoes are better for you than cooked tomatoes.



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- B** Work in pairs. Answer these questions.

1 If you are depressed, how do you feel?

2 What is the opposite of these words?

a healthy

b cooked

c better

d lose weight

e well

3 Name two fats.

4 Do you eat healthily or unhealthily? Say why.

Practice (20 minutes)

Activity C Pre-teach the word *lifestyle*. In pairs, students read the two texts and complete the chart. They use dictionaries where necessary. Check answers orally, explaining where necessary. Correct major errors.

Activity D In pairs, students read the questions. Check understanding. Students discuss the questions in pairs. Then check answers orally, encouraging discussion for questions 3 and 4. You could then ask students to write their answers. Write new words on the board in sentences.

Conclusion (5 minutes)

Activity E Elicit a few sentences from students, for example: *You shouldn't smoke. You should eat more vegetables*. Students then write. Walk round and check their sentences.

Homework

Activity F Students write a short paragraph about their own lifestyle, using the texts in Activity C as a model.

Key

C

	Leo	Tania
Eats breakfast	x	✓
Smokes	x	✓
Eats a lot of fat	✓	x
Eats meat	✓	x
Drinks a lot of alcohol	✓	x
Has a lot of friends	✓	x
Eats a lot of fruit and vegetables	x	✓
Exercises	✓	✓

D

1

Possible answer: He wakes with a headache because he drinks too much.

2

Possible answer: I think Tania wakes with a headache because she is lonely and unhappy.

3

Possible answer: Tania – she eats very little fat and doesn't drink.

4

Possible answer: Probaby Leo because he doesn't smoke.

5

Possible answer: No, a lot of people live like them. A lot of young women eat very little.

6

Open answer

F

Possible answer:

Leo: You should eat more fruit and vegetables. You shouldn't drink so much.

Tania: You shouldn't smoke. You should talk to someone about your problems.



5 Health (continued)

C Read about the lifestyle of Leo and Tania. Then complete the chart below.

Leo gets up at 7.45. He washes, throws on his clothes and drives to work. There he has a cup of black coffee with three teaspoons of sugar. At 10.30 he eats some chocolate and biscuits. For lunch he has a beer, two sandwiches, chips and an apple. After work he exercises for half an hour at the gym. He has a lot of friends and a very busy social life. After work, he sees his friends or girlfriend. He has a good meal in the evening – meat with vegetables, and dessert. He drinks a lot of beer each evening. He doesn't smoke. In the morning he often wakes up with a headache.

Tania gets up at 7 o'clock every day. She has a cigarette before she gets up. For breakfast she eats toast and cottage cheese with no butter. She drinks two glasses of orange juice. She cycles to work and has some fruit at about eleven. For lunch she has a salad and some more fruit. After work she goes home and has a fish or vegetable main meal and a fruit salad. She doesn't eat meat or drink alcohol. She doesn't have many friends and often stays in. She's rather lonely. She smokes about twenty-five cigarettes a day. She often wakes up with a headache in the morning.

	Leo	Tania
Eats breakfast	x	
Smokes		
Eats a lot of fat		
Eats meat		
Drinks a lot of alcohol		
Has a lot of friends		
Eats a lot of fruit and vegetables		✓
Exercises		

✓ = Yes x = No

D Work in pairs. Answer these questions.

- 1 Why do you think Leo wakes up with a headache in the morning?
- 2 Why do you think Tania wakes up with a headache?
- 3 Who do you think is thinner, Leo or Tania? Why?
- 4 Who do you think will live longer, Leo or Tania? Why?
- 5 Do you think the lifestyles of Leo and Tania are very unusual?
- 6 How do you feel when you read about Leo and Tania?

E You are a friend of Leo and Tania. Write your advice to one of them.

You should ... You shouldn't ...

F Write four sentences about your lifestyle.