

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

- | | |
|---|--|
| <p>A</p> <ol style="list-style-type: none"> 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. | <ol style="list-style-type: none"> 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. <p>B</p> <ol style="list-style-type: none"> 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)

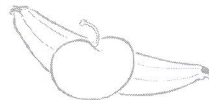
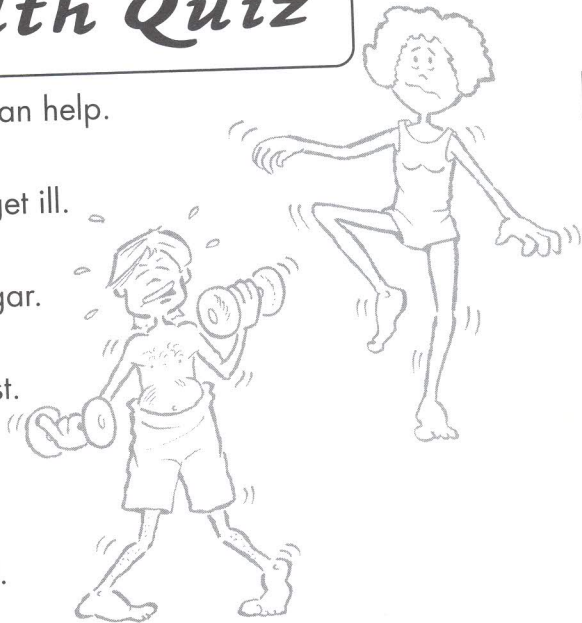


5 Health

- 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.



- 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.

