

## **And what do YOU do to stay healthy?**

(LEVEL B1)

### **Part 1: WARM-UP**

*Give out the materials and draw your ss' attention to EX.1. Set the task by giving clear instructions. Play the video twice and allow your ss to compare their answers to 1. before you play the video again. Allow appx. 5 minutes for a discussion afterwards. Feedback as a class.*

**EX.1. Watch the Coca-Cola commercial and answer the questions below. Compare with your partner.**

1. What are the differences between the two lifestyles shown in the video? Write down as many as you can. eg. cycling to work/driving a car, typewriter/computer, apple/snacks, lunch outside/lunch in front of a computer, homemade sandwiches/pre-packaged sandwiches, homemade dinner/microwave dinner, eating and talking/eating in front of a TV
2. Which lifestyle do you prefer and why?
3. Which lifestyle is more similar to yours?

Source: <https://www.youtube.com/watch?v=ExRg8m38rug>

### **Part 2: WATCHING**

Source: <https://www.youtube.com/watch?v=T0zkYA7KMgY>

*Tell your ss that they will hear different people talking about how they keep fit. Tell them not to worry about the order as it will change with each question. Play the video twice (stronger groups) or 3 times (weaker groups). Allow pair check in between.*

*Note: if your ss struggle with the task you can pause the video after each speaker allowing them more time to take notes.*

*You may also want to pre-teach: to keep fit, rowing*

**EX2.a You will listen to different people talking about their habits. Fill in the chart below with the information you hear.**



	What do you do to keep fit?	What else would you like to do?	What do you do that isn't very healthy?
Speaker #1	gym, running, rowing	team sports (hockey)	eating desserts/sweet things
Speaker #2	nothing; no time	tennis	drinking too much coffee, chocolate
Speaker #3	yoga, meditation	running	eating late
Speaker #4	riding a bike, gym	rock climbing	eating chocolate
Speaker #5	dance, yoga, enjoying nature	rowing	eating fast food, especially in the morning
Speaker #6	walking	sailing	nothing
Speaker #7	yoga, gym, pilates, running, keeping active	swing dancing	eating crisps, chocolate, biscuits, cakes
Speaker #8	walking		

*Allow appx. 5 minutes for the discussion. Feedback.*

**EX. 2.b Now answer the same questions with your partner. Whose lifestyle is healthier?**

### **Part 3: VOCABULARY**

*Set the next task by giving clear instructions. Allow your ss to compare their answers before giving feedback. (appx. 5 - 8 minutes)*

**EX.3. Match the expressions used in the video.**

A. to coach <b>e</b>	a. very busy and active
B. hectic <b>a</b>	b. to start enjoying something
C. properly <b>f</b>	c. to like eating sweets very much
D. to get into sth <b>b</b>	d. to stay away from something or someone
E. to take up (sports, hobby) <b>g</b>	e. to train or teach
F. to have a sweet tooth <b>c</b>	f. in a correct way
G. to avoid sth <b>d</b>	g. to start doing something new

**EX.4. Now use the expressions in an appropriate form to fill in the sentences below.**

1. She is very thin. I think it's because she doesn't eat.....**properly**.....
2. When we went on holiday I really ....**got into**..... playing beach volleyball.
3. In the future I would really want to ...**coach**..... professional athletes.
4. He works full-time and has a lot of extra activities every day. His lifestyle is very  
....**hectic**.....
5. I think she must .....**have a sweet tooth**..... because today she has already eaten two  
bars of chocolate!
6. Last year he.....**took up**..... tennis and now he plays it twice a week.
7. I normally try to ....**avoid**..... eating fat and sugar in my diet.

*If there is still time at the end of the lesson, you can finish off with EX.5. If not – give it as a homework.*

#### **Part 4: AFTER WATCHING:**

**EX.5. With your partner prepare a list of 5-8 tips on how to keep fit and stay healthy. You can use the activities mentioned in the video as well as your own ideas.**

**Example:** *Try to avoid eating chocolate./ Exercise 3 times a week etc.*

#### **Part 5: VOCABULARY REVISION**

**(to be used at the end of this lesson or at the beginning of the next one)**

*Tell your ss that they will now practise the new vocabulary. They will get a set of cards (one per pair) and will have to take a card, read a word and explain it to the partner **WITHOUT** using the word on the card. The student who guesses more words – wins.*



<b>TO COACH</b>	<b>TO HAVE A SWEET TOOTH</b>
<b>HECTIC</b>	<b>PROPERLY</b>
<b>TO TAKE UP</b>	<b>TO AVOID</b>
<b>TO GET INTO</b>	