BÀI GIẢNG: LESSON 1
UNIT 1: HEALTH AND HEALTHY LIFESTYLE
MÔN TIẾNG ANH - SGK I-LEARN SMART WORLD – LỚP 11
GIÁO VIÊN: HOÀNG DIỆU LINH

MỤC TIÊU

- ✓ *Discuss a healthy diet*
- ✓ *Use linking verbs*

LET'S TALK

In pairs. Look at the picture. Who do you think eats more healthily? Why? What do you do to stay healthy?



Gợi ý:

I think the girl eats more healthily because she is eating salad while the boy is eating fast food.

I go jogging every day to stay healthy.

VOCABULARY

1. avoid (v): tránh

eg: We must find a way to avoid similar problems in future.

2. carbohydrate (n): chất bột đường

eg: I'm trying to cut down on carbohydrates.

3. dairy (a): làm từ sữa

eg: The doctor told me to eat less red meat and dairy products.

4. lifestyle (n): lối sống

eg: Many people are trying to adopt a healthy lifestyle these days.

5. imagine (v): tưởng tượng

eg: Imagine getting that A+!

6. limit (v): hạn chế

eg: Try to limit your screen time.

7. processed (a): đã qua chế biến

eg: Most of the food we buy is processed in some way.

8. protein (n): chất đạm

eg: Chicken and fish are good sources of protein.

9. vitamin (n): vitamin

eg: Plants are an excellent source of vitamins and minerals.

10. whole grain (n): ngũ cốc nguyên cám

eg: Whole grains are much richer than processed grains in dietary.

a. Match the sentences. Listen and repeat

1. John is losing weight by reducing the amount of **carbohydrates/carbs** in his diets.	a. They're made from milk.
2. Don't eat too much **processed** foods.	b. It has too much sugar.
3. I completely **avoid** eating cake.	c. He doesn't eat pasta or rice.
4. You need to eat more **protein** when you exercise.	d. I eat one piece, I'II feel awful.
5. Yogurt and cheese are **dairy** foods.	e. Instant noodles, sausages, and similar foods are very bad for your health.
6. You should **limit** the amount of soda you drink.	f. You should eat chicken and fish.

Gợi ý:

1. c 2. e 3. d
4. f 5. a 6. b

b. In pairs: Talk about which foods you limit or avoid eating and say why

Gợi ý:

I avoid eating burgers because I'm on a diet

I limit the number of snacks I eat because it makes me gain weight

* on a diet: ăn kiêng gain weight: tăng cân

READING

a. Read the article about healthy diets and choose the best title.

1. It's Easy to Eat Healthy 2. The Truth about Diet Plans

Don't know how to create a healthy diet? I had the same problem. I knew what food tasted good, but not what was good for my body. Then, I discovered the Healthy Eating Plate*, and everything became easy! Check out these super simple tips.

Eat lots of fruit and vegetables. They look good, taste great, and have all the vitamins to protect your body from diseases and heal from injuries. I add fruit on my breakfast cereal each morning. It's delicious!

Choose good carbs from whole grains. Grains are seeds used to make foods like bread, pasta, and rice. Be careful with processed grains, though, like in pasta. They provide about the same amount of carbs as whole grains but have fewer vitamins. This was a problem for me because I love pasta, and freshly baked French bread smells so good! But, now I try to eat brown bread and rice instead of white. I haven't eaten processed carbs for two months. I look better and feel much healthier.

Look for healthy protein. Sausages smell amazing and are full of protein. They might seem to be a healthy option, but they contain highly processed meat which you should really stay away from. Don't worry, you can find protein in many other foods, even in plants. Beans, nuts, some whole grains, and some vegetables have protein.

Limit dairy products, salts, fats, added sugar, and oils. Choose healthy fats like vegetable oils, nuts, seeds, and fish. Finally, don't forget to drink lots of water and stay active with plenty of exercise.

See? I told you it was easy! Just follow the tips of the Healthy Eating Plate.

Gợi ý: 1

* stay away from: tránh xa ai đó hoặc thứ gì đó

eg: Stay away from the edge of the cliff.

-> Hãy tránh xa khỏi mép vực.

b. Now, read and circle the correct answers

1. Which benefit of fruit and vegetables is NOT mentioned?

a. They heal injuries. b. They fight illnesses. c. They strengthen bones

According to the author, ...

2. which food has healthy carbs?

a. white rice b. pasta c. whole wheat bread

3. which food has lots of protein?

a. beans b. most vegetables c. processed grains

4. what should you avoid?

a. fats b. highly processed meat c. sugar

Gợi ý:

1.c (Eat lots of fruit and vegetables. They look good, taste great, and have all the vitamins to protect your body from diseases and heal from injuries. I add fruit on my breakfast cereal each morning. It's delicious!)

2. c (Be careful with processed grains, though, like in pasta. They provide about the same amount of carbs as whole grains but have fewer vitamins/ I try to eat brown bread and rice instead of white.)

3. a (Beans, nuts, some whole grains, and some vegetables have protein.)

4. b (Limit dairy products, salts, fats, added sugar, and oils.)

d. In pairs: How does your diet compare to the Healthy Eating Plate? What foods do you need to eat more/less?

Gợi ý:

My diet is pretty close to the Healthy Eating Plate because my mom cooks, and she is concerned about healthy eating. However, I guess I need to eat more whole grains such as whole wheat breads.

GRAMMAR MEANING AND USE

Linking verbs

- We can use these to connect the subject with a word or phrase that gives more information about it. Be, become, and seem are always linking verbs.

*He **is** hungry.*

*This dish **seems** healthy.*

- Many sense verbs can act as both an active verb and a linking verb: look, feel, taste, smell, and sound.

*You should **taste** this coffee. It **tastes** great!*

*Can you **smell** that curry? It **smells** amazing!*

a. Look at the picture. What do you think the boy is saying?



Gợi ý:

Mmm! They ***smell*** amazing!

GRAMMAR MEANING AND PRACTICE

Linking verbs (Liên động từ) làm nhiệm vụ nối giữa chủ ngữ và vị ngữ. Khác với động từ, liên động từ không thể hiện hành động mà chỉ tình trạng của sự vật, sự việc và con người.

Apples are a good source of vitamins.

Is meat good for you?

This bread seems to be fresh.

_____

Fish sauce smells nice.

This carrot doesn't feel fresh.

Does durian taste good?

How does the fruit look?

a. Unscramble the sentences

1. healthy/rice/carbohydrate./Brown/is/a

=> Brown rice is a healthy carbohydrate.

2. meats/good/of/aren't/a/source/Processed/protein.

=> _____

3. healthy./really/This/looks/menu

=> _____

4. yogurt/source/Is/good/a/of/dairy?

=> _____

5. food/the/look?/does/How

=> _____

6. fried/you/good?/Do/think/smells/food

=> _____

7. tastes/the/best?/dish/Which

=> _____

Gợi ý:

2. Processed meats aren't a good source of protein.

3. This menu looks really healthy.

4. Is yogurt a good source of dairy?

5. How does the food look?

6. Do you think fried food smells good?

7. Which dish tastes the best?

b. Circle the linking verbs

1. Do you like the smell of durian? I think it smells pretty good.
2. I'm looking at the new menu on their website. It looks really healthy.
3. Wow! This tastes great. You should taste it.
4. That bread smells great! Can you smell it?
5. Let's look for a place to eat. Oh, this looks delicious!

Gợi ý:

1. smells 2. looks 3. tastes
4. smells 5. looks

c. In pairs: Say what your favorite food is and say why you like it

Gợi ý:

I love bún cá because it smells wonderful and has lots of protein

Yeah, me too. But I prefer steamed vegetables as they taste amazing

PRONUNCIATION

a. Focus on the /ks/ sound

b. Listen to the words and focus on the underlined letters.

takes, drinks

c. Listen and circle the words you hear.

1. thinks	things
2. cakes	cake
3. looks	looked

Gợi ý:

1. things 2. cakes 3. looks

d. Take turns saying the words in Task c while your partner points to them.

PRACTICE

a. Take turn asking about and describing the food on the menu using the verbs in the box

be look taste smell have

Gợi ý:



1. A: What is your favorite food?

B: It's vegetable soup. I think it is very healthy.

2. A: Do you think we should eat salad?

B: Why not? Fruit salad is my favorite, and it has lots of vitamins.

3. A: Is chicken salad healthy?

B: Yes I think. It is a nutritious choice.

4. A: Which dish do you think tastes good?

B: Definitely fried noodles with fish. It tastes amazing

5. A: Do you think beef fried rice looks amazing?

B: For sure. My mouth is watering right now.

6. A: Is it ok if I pick this chocolate cake?

B: Yeah it smells so good. But make sure that you don't eat it too often because it has much fat.

b. Which of the food would you eat for lunch? Which should be eaten in small amounts? Why?

Gợi ý:

I would go for beef fried rice. As I always play football after class, I need rice to support my energy. However, I think it should be eaten in small amounts because eating a lot of white rice can make you gain weight.

SPEAKING

a. Imagine your school wants to make a healthier lunch menu. In pairs: Look at the old menu and discuss which dishes are healthy and unhealthy. Decide which dishes should be replaced and create a new healthy menu.



NEW MENU

1. Brown rice and shrimp
2. Chicken burger
3. Salmon salad
4. Tomato soup
5. Fried chicken breast
6. Stir-fried pork with carrots

Gợi ý:

1. A: Do you think fish head soup is healthy?

B: Yes, it has lots of protein in it, but it looks horrible. I think we should replace it.

2. A: Do we want to keep bún đậu mắm tôm?

B: No. It's delicious, but it contains too much fat.

3. A: How about brown rice and shrimp?

B: We'll keep it. Brown rice is good and shrimp is high in protein.

4. A: Do you think we should replace chè?

B: Yes. There is too much sugar in it.

5. A: Can we keep chicken burger?

B: Yes. Actually chicken burger is healthier than regular burgers.

6. A: How about cheese and sausage pasta?

B: No. Although it tastes so good, it is not healthy.

b. Join another pair and compare the menu. Did you replace the same dishes? Why (not)?

HS tự hoàn thiện

HOMEWWORK

Write down and learn the new words

Listen again and practice the conversations at home

PRONUNCIATION PRACTICE

(Học sinh vào video bài giảng để sử dụng tính năng luyện phát âm)

1. carbohydrate /ˌkɑːbəʊˈhaɪdreɪt/ (n) chất bột đường
2. imagine /ɪˈmædʒɪn/ (v) tưởng tượng
3. vitamin /ˈvɪtəmɪn/ (n) vi-ta-min
4. cereal /ˈsɪəriəl/ (n) ngũ cốc
5. delicious /dɪˈlɪʃəs/ (adj) ngon
6. sausage /ˈsɒsɪdʒ/ (n) sốt
7. vegetable /ˈvedʒtəbl/ (n) rau