BÀI GIẢNG: LESSON 2
UNIT 1: HEALTH AND HEALTHY LIFESTYLE
MÔN TIẾNG ANH - SGK I-LEARN SMART WORLD – LỚP 11
GIÁO VIÊN: HOÀNG DIỆU LINH

MỤC TIÊU

- ✓ *Talk about a healthy lifestyle*
- ✓ *Use quantifiers*
- ✓ *Give opinions*

LET'S TALK

In pairs: Look at the pictures. Which of these things are healthy? Which do you do? What other things can you do to have a healthy life?



Gợi ý:

In my opinion, watching TV and scrolling through Facebook are not good. In contrast, joining outdoor activities is healthy. I often play badminton with my friends at weekends. To have a healthy life, I can also avoid fast food.

NEW WORDS

a. Read the words and definition and fill in the blanks. Listen and repeat

fitness	how healthy and strong a person is
manage	keep something under control
stressed	nervous or tired - unable to relax

chill out	relax completely
social life	the time someone spends doing fun things with other people
lift weights	pick up heavy objects repeatedly in order to get stronger
balanced diet	the correct types and amounts of food (to eat)

fitness	manage	stressed	chill out
social life	lift weights	balanced diet	

If you want to have a long, healthy life, you need to exercise to have a good level of (1) fitness. You can (2)_____or play sports to get stronger. It's also important to eat a (3)_____with lots of fruits, vegetables, and protein. You also don't want to feel too tired or (4)_____. You can (5)_____your stress and feel calm and relaxed by having a healthy (6)_____.This means you should spend time with your friends often. Finally, you should take time for yourself each night. Put away your electronic devices, turn off the TV, and (7)_____on your bed or the sofa for 10-15 minutes before you try to go to sleep.

Gợi ý:

1. fitness
2. lift weights
3. balanced diet
4. stressed
5. manage
6. social life
7. chill out

b. In pairs: Use the new words to talk about how you could be healhier

Gợi ý:

I could lift weights to build more muscle

I love chilling out on my bed before going to sleep

LISTENING

a. Listen to two people talking about healthy habits. What kind of show is it?

A. News Report

B. A Podcast

Gợi ý: B

Host: Welcome to another episode of Health Nuts. Today I'm joined by Dr. Dorothy Allen. She's here to discuss her new book Forever Young.

Dr. Allen: Thanks for having me.

Host: Let's get to it. My listeners want to know what they can do to have a healthier life.

b. Now, listen and answer the questions

1. What does Dorothy Allen say is the main thing we need to do to be healthy?

_____

2. What does the host not let her child do on Saturdays and Sundays

_____

3. What type of sleep improves our ability to control our feelings and avoid getting stressed?

_____

4. What does Dorothy Allen say people shouldn't eat?

_____

5. How many days a week should you spend relaxing

_____

Gợi ý:

1. get enough sleep

Host: Let's get to it. My listeners want to know what they can do to have a healthier life.

Dr. Allen: I think the most important thing is to get enough sleep.

2. get too much sleep

Host: My teenage son always wants to sleep in on the weekends and I try not to let him get too much sleep. Do teens need more sleep?

3. early morning sleep

Dr Allen: It's especially important for teenagers because their brains and bodies are developing. Early morning sleep helps us repair our minds, which helps us manage our feelings and avoid getting too stressed.

4. too much added sugar

Host: Wow. How about fitness?

Dr. Allen: It's a mix of diet and exercise. You need to make sure you eat enough meat and vegetables to have a balanced diet and avoid eating too much added sugar.

5. two

Host: And exercise?

Dr. Allen: I believe you need to decide if you want to focus on lifting weights or improving your heart health. Spend three days a week on the one you want to focus on, and two days on the other. Then give yourself two days to chill out and keep a healthy social life.

c. Read the conversation skill box. Then, Listen and repeat.

Giving opinions

To give opinions, you say:

1 *I think...*

3 *I believe...*

2 *In my opinion...*

d. Now, listen to the conversation again and number the phrases in the order you hear them

e. In pairs: Which of these health tips do you do? Which one's don't you do? Why not?

Gợi ý: I always get enough sleep. But I can't avoid eating too much added sugar. The candy is just so good.

GRAMMAR MEANING AND USE

Quantifiers: Too much, Too many and Enough

- We can use ***too many/too much*** to talk about having more than is needed or wanted.

Eg: I have too many snacks.

She eats too much junk food.

- We can use ***enough*** to talk about having as much or as many as is needed.

Eg: I don't eat enough vegetables.

Does she eat enough fruit?

a. Look at the picture. What do you think the people are saying?



Gợi ý:

1. enough 2. too much

b. Now, listen and check your ideas

c. Listen and Repeat

GRAMMAR MEANING AND PRACTICE

a. Circle the correct words

1. You won't be able to lift weights easily and have good fitness if you don't eat **enough/too** protein.
2. Do you think nine hours of sleep a night is **enough/too much**?
3. Is eating salad once a day **enough/too** to have a balanced diet?
4. Is three hours of TV a day **enough/too much**?
5. You will become unhealthy if you eat **too/enough** many snacks.

Gợi ý:

1. enough 2. too 3. enough
4. too 5. too

b. Make statements about Tom using the table and quatifiers

	ACTIVITIES	AMOUNTS	RECOMMENDED AMOUNTS
1	Sleep	4 hours a night	8 hours a night
2	Eat cheeseburgers	5 a week	0-1 a week
3	Exercise	30 minutes a day	30-60 minutes a day
4	Use social media	6 hours a day	0-30 minutes a day
5	Spend time chilling out	8 hours a day	1-2 hours a day

Gợi ý:

1. Tom doesn't get enough sleep
2. Tom eats too many cheeseburgers
3. Tom gets enough exercise
4. Tom uses social media too much
5. Tom spends too much time chilling out

c. In pairs: What things do you think you do too much? What don't you think you do enough?

Gợi ý:

I think I play video games too much.

I think I don't sleep enough.

PRONUNCIATION

a. /d/ sounds at the end of words are often left out when the next word begins with a consonant. "...need to..." often sounds like /ni: tə/

b. Listen. Notice the sound changes of the underlined words

You need to drink more water

I need to exercise more

c. Listen and cross out the sentence with the wrong sound changes

You need to get some sleep

You need to lift weights

Gợi ý: ~~You need to lift weights~~

d. Read the sentences with correct sound changes to a partner

You need to get some sleep

You need to lift weights

PRACTICE

a. Ask and answer questions using the pictures and prompts. Give your opinion why the amount is or isn't suitable

1.

A: 15 minutes/homework/a day/enough

B: no-not/enough/time/complete/it

2.

A: eat junk food/every day/too much

B: yes-need/eat/balanced diet

3.

A: jog/21 km/every day/too much

B: yes-need/chill out/some days

4.

A: 30 minutes/video games/ day/enough

B: yes-need/manage/free time

5.

A: lift weights/3 days a week/too much

B: no-not/need/lift weights/every day

6.

A: chill out with friends/once/ a week/enough

B: yes-teenagers/need/study/a lot

Gợi ý:

1.

A: Is 15 minutes of homework a day enough?

B: No. In my opinion, 15 minutes isn't enough time to complete it

2.

A: Is eating junk food every day too much?

B: Yes. I think we need to eat a balanced diet

3.

A: Is jogging 21km every day too much?

B: Yes. I believe that we need to chill out some days

4.

A: Is 30 minutes of video games a day enough?

B: Yes. In my opinion, we need to manage our free time

5.

A: Is lifting weights 3 days a week too much?

B: No, it's not. I think we should lift weights every day

6.

A: Is chilling out with friends once a week enough?

B: Yes, because teenagers need to study a lot

b. Practice with your own ideas

HS tự hoàn thiện

SPEAKING

a. Read the health tips from a table your friend shared on social media. In pairs: Discuss if you agree or disagree with the recommended amount for each activity

BALANCED DIET Only eat salad for every meal	FITNESS Run for ten minutes a day
MANAGE STRESS Chill out for three hours a day	SOCIAL LIFE Meet friends once a week
SLEEP Sleep for five hours a night	MAKE A SCHEDULE Plan once a month

Gợi ý:

1. In my opinion, just eating salad isn't a healthy diet
2. I think ten minutes of running a day isn't enough
3. I think chilling out for three hours a day is too much
4. I believe that meeting friends once a week is great
5. In my opinion, sleep for only five hours a night isn't enough
6. I believe that planning once a month is a good habit

b. In pairs: Decide on a healthy amount for each feature of a healthy lifestyle

Gợi ý:

1. I think you should eat salad 3-4 days a week. You should also eat some protein.
2. I believe 30 minutes of exercise a day is enough
3. In my opinion, chilling out for 1 hour a day is enough to manage stress
4. I think meeting friends once a week is enough
5. I believe we should sleep 8 hours a night
6. In my opinion, planning once a month is enough

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. muscle /ˈmʌsl/ (n) cơ bắp
2. episode /ˈepɪsəʊd/ (n) tập
3. enough /ɪˈnʌf/ (adj/adv) đủ
4. minute /ˈmɪnɪt/ (n) phút
5. teenager /ˈtiːneɪdʒə(r)/ (n) thanh thiếu niên