BÀI GIẢNG: READING
UNIT 1: A LONG AND HEALTHY LIFE
MÔN TIẾNG ANH - SGK GLOBAL SUCCESS – LỚP 11
GIÁO VIÊN: NGUYỄN THỊ NGỌC ANH

MỤC TIÊU

- ✓ *How to live a long and healthy life*

Task 1. Work in pairs. Look at the photos and discuss the questions. Which photos show healthy habits? Which ones show unhealthy habits? Why?

Gợi ý:

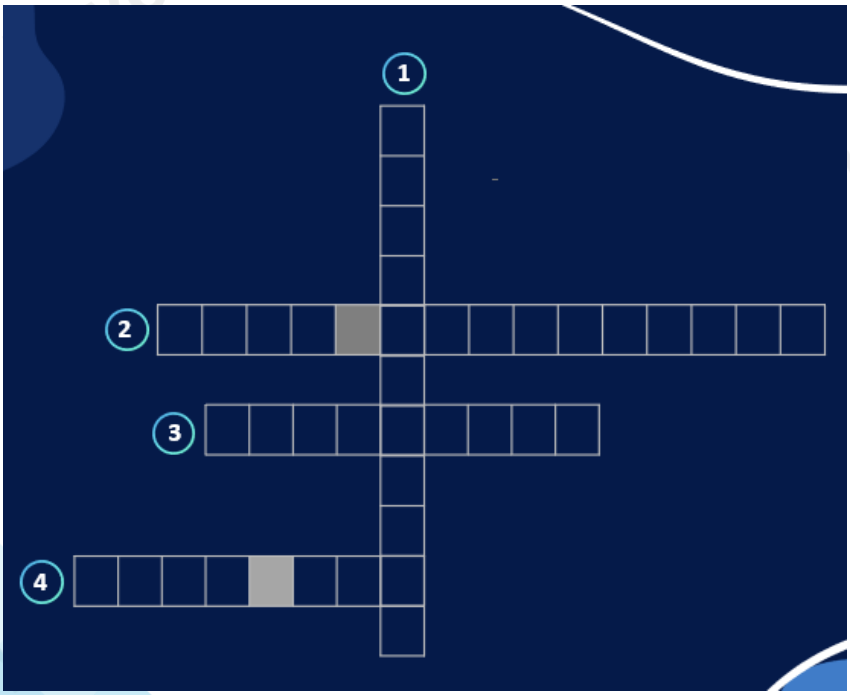
Picture A shows a healthy habit, because vegetables are good for our health. hey helps us to lose weight and have a healthy heart and skin

Picture B shows an unhealthy habit, because sleeping late or having your laptop on while sleeping have bad effects on the quality of your sleep, which damages your health in the long run

Picture C: exercing is a healthy habit. Working out regularly helps you to keep fit, lose weight, develop muscles…

Picture D: Eating fast food and eating too much are unhealthy habits. These habits are not good for our hearts and digestive system. They can lead to obesity/being overweight, or heart diseases

Task 2. Read the article. Solve the crosseword with words and phrases from it



Down

1. (Section A, noun) the things from which something is made

Across

2. (First paragraph before Section A, noun phrase) the number of years that a person is likely to live
3. (Section A, noun) things to keep a living thing alive and help it grow
4. (Section B, phrasal verb) do physical exercise

Life expectancy has generally increased over the past few decades, and some people enjoy a longer and healthier life than others. One possible explanation is that they have healthy lifestyle habits. So how can you develop these habits?

A. _____

Start by looking at food labels, paying attention to ingredients and nutrients, such as vitamins and minerals. Avoid having food with too much salt or sugar, such as fast food. Furthermore, add more fresh fruits and vegetables to your diet, and remember to eat a big breakfast and a small dinner.

B. _____

If you have not been very active, start exercising slowly, but regularly. To begin with, choose the type of exercise that is suitable for you. Then, start slowly, for example, by doing exercise for only 5 to 10 minutes a day. When your body is ready for more exercise, you can work out longer. Finally, exercise regularly to always keep your body fit and your mind happy.

C. _____

A good night's sleep is very important. Before you go to bed, avoid having coffee or energy drinks. Exercise can help you have a better sleep, but avoid exercising right before bedtime. Never use your mobile phone or laptop in bed and turn off all your electronic devices at least 30 minutes before you go to bed. Their screens give off blue light that can prevent you from sleeping well. Finally, if you still can't fall asleep, do something repetitive or listen to some soft music to relax before trying to sleep again.

Gợi ý:

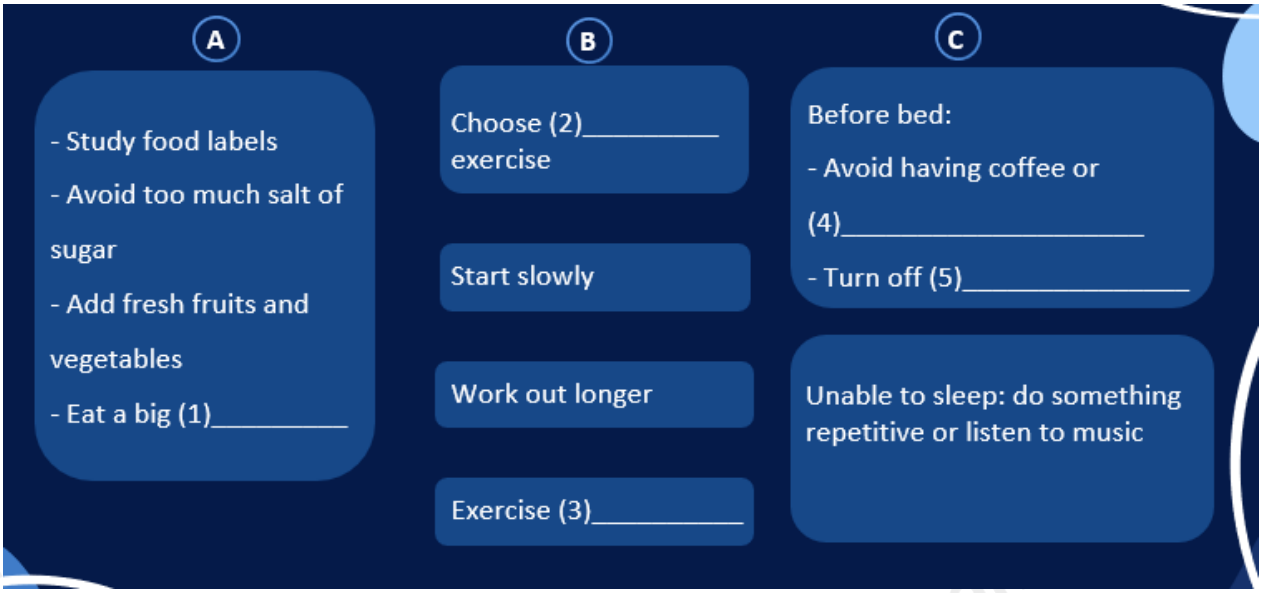
1. Ingredients
2. Life expectancy
3. nutrients
4. work out

Task 3. Read the article again. Match the sections (A-C) with the heading (1-5) below. There are two extra headings

1. Eat better
2. Exercise regularly
3. Go to bed earlier
4. Develop healthy habits
5. Sleep well

Gợi ý: 1. Eat better 2. Exercise regularly 3. Sleep well

Task 4. Work in pairs. Talk about what you do to keep fit and healthy. Use the past simple and the present perfect



Gợi ý:

1. breakfast 2. suitable 3. regularly
4. energy drinks 5. electronic devices

Task 5. Work in pairs. Discuss the following questions. Do you find the advice in the article useful? Have you tried following any of the suggestions above?

HS tự hoàn thiện

PRONUNCIATION PRACTICE

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

1. expectancy /ɪkˈspektənsi/ (n) sự mong đợi
2. mineral /ˈmɪnərəl/ (n) khoáng chất
3. nutrient /ˈnjuːtriənt/ (n) chất dinh dưỡng
4. explanation /ˌekspləˈneɪʃn/ (n) sự giải thích
5. ingredients /ɪnˈgriːdiənt/ (n) thành phần