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

MỤC TIÊU

✓ *A healthy lifestyle*

Task 1. Listen and read

Mark: Hi, Nam!

Nam: Hi, Mark! Long time no see. How are you?

Mark: I'm fine, thanks, but you look so fit and healthy! Have you started working out again?

Nam: Yes, I have. I've also stopped eating fast food and given up bad habits, such as staying up late.

Mark: I can't believe it! I thought you can't live without burgers and chips!

Nam: I know. I ate a lot of fast food, but now I prefer fresh fruits and vegetables.

Mark: So what happened?

Nam: Well, it was my grandfather. I visited him during my last summer holiday and have learnt a lot of important life lessons from him.

Mark: Really?

Nam: Yes. He's a wonderful person. He has just had his 90th birthday, but he's still full of energy!

Mark: Amazing! How does he stay so active?

Nam: Well, he does exercise every morning, goes to bed early, and eats a lot of vegetables. We spent a lot of time together cooking, working in his garden, and walking in the parks. I've learnt from him that taking regular exercise and eating a balanced diet are the key to a long and healthy life.

Task 2. Read the conversation again and and decide whether the following statement are True (T) or False (F)

	T	F
1. Nam has always had healthy habits.		
2. He has learnt the importance of exercise and healthy food.		
3. Nam's grandfather goes to sleep early, exercises every day, and eats healthily.		

Gợi ý: 1. F, 2. T, 3.T

Task 3. Fill in the blanks to make phrases from 1 with the following meanings

1. full of _____	having the strength and enthusiasm we need for physical or mental activity
2. bad _____	things we often do that are not good for our health
3._____ exercise	physical or mental activity that we do frequently to stay healthy
4. _____ diet	the correct types and amounts of food that we need to stay healthy

Gợi ý: 1. energy 2. habits 3. regular 4. balanced

Task 4. Complete the text based on the conversation in 1. Use the correct forms of the verbs in brackets

In the past, Nam (1. eat) _____ fast food and often stayed up late. But he (2. start) _____ eating healthy food and (3. give) _____ up bad habits. He has changed his lifestyle since he (4. visit) _____his grandfather, who (5. just, celebrate) _____his 90th birthday.

Gợi ý:

1. ate 2. has started 3. (has) given
4. visited 5. has just celebrated

PRONUNCIATION PRACTICE

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

1. vegetable /ˈvedʒtəbl/ (n) rau
2. healthy /ˈhelθi/ (adj) khỏe mạnh
3. regular /ˈregjələ(r)/ (adj) thường xuyên, đều đặn
4. balanced /ˈbælənst/ (adj) được cân bằng
5. energy /ˈenədʒi/ (n) năng lượng