BÀI GIẢNG: GETTING STARTED
CHUYÊN ĐỀ: UNIT 3: HEALTHY LIVING FOR TEENS
TIẾNG ANH 9 GLOBAL SUCCESS
GIÁO VIÊN: TRẦN THU HÀ – TUYENSINH247.COM

OBJECTIVES

By the end of this lesson, Ss will be able to:

- ✓ identify the topic of the unit
- ✓ use lexical items related to Healthy living for teens
- ✓ identify the language features that are covered in the unit

WARM UP

New words	Pronunciation	Meaning
maintain (v)	/meɪnˈteɪn/	duy trì
physical health (np)		sức khỏe thể chất
metal health (np)		sức khỏe tinh thần
healthy diet (np)		chế độ ăn lành mạnh
advice (n)	/ədˈvaɪs/	lời khuyên
bring about (ph.v)	/brɪŋ əˈbaʊt/	đem lại, gây ra
balance (n)	/ˈbæləns/	cân bằng
well-balanced (adj)	/ˌwel ˈbælənst/	cân bằng tốt
manage (v)	/ˈmænɪdʒ/	quản lý
priority (n)	/praɪˈɔːrət/	sự ưu tiên
give priority (collocation)		mang đến sự ưu tiên
schedule (n)	/ˈskedʒuːl/	lịch trình

LISTEN AND READ

School Counsellor: Good morning, class. Welcome to our "Tips for Good Physical and Mental Health". In this session, feel free to ask any questions.

Nick: How can we maintain good physical health?

School Counsellor: You should get enough sleep, eat a healthy diet, and do physical exercise regularly.

Mai: My parents say students of our age need to sleep at least eight hours a day. Is that right?

School Counsellor: Yes, it is.

Phong: But we often find it difficult to get a good night's sleep, especially before exams. Could you offer us any advice?

School Counsellor: I understand that exams bring about lots of stress. You can reduce this stress by studying long before the exam, not waiting until the night before it.

Phong: Thank you. Do you have any tips about looking after our mental health?

School Counsellor: If you want to have good mental health, you should have a well-balanced life. I mean you should balance your study and life.

Nick: But how can we balance them?

School Counsellor: Well, you have to manage your time by planning your schedule and giving priority to your work. And you should keep a balance between study and play.

PRACTICE

Read the conversation again and tick T (true) or F (False).

	T	F
1. The counsellor is giving advice on how to maintain good physical and mental health.		
2. According to Mai's parents, students shouldn't sleep more than eight hours a day.		
3. Many students find it easy to get a good night's sleep before exams.		
4. Nick doesn't know how to have a well-balanced life.		
5. The school counsellor advises the students to balance their study and play time.		

Gợi ý: *1. T 2. F 3. F 4. T 5. T*

Match the words with their definitions.

1. physical	a. a person whose job is to help and support people with problems
2. mental	b. connected with a person's body rather than their mind
3. well-balanced	c. something that you think is more important than other things and should be dealt with first
4. priority	d. connected with the state of health of the mind
5. counsellor	e. having the right amounts of all the different parts that make up something

Gợi ý: *1. b 2. d 3. e 4. c 5. a*

Complete the sentences with the words in the box.

physical counsellor well-balanced priority mental

1. You should make a list of all the jobs you have to do and give _____ to them.

2. Maintaining a _____ life often means making time for the things you have to do, as well as the things you want to do in a suitable way.

3. The police asked them to describe his _____ appearance.

4. You need to maintain your physical and _____ health.

5. The _____ is willing to listen to the students to help them solve their problems.

Gợi ý: *1. priority 2. well-balanced 3. physical 4. mental 5. counsellor*

PRODUCTION

Work in pairs. Interview each other about how healthy you are. Give each other advice.

Example:



A: How healthy are you?

B: I'm tired.

A: You should take a break and do some physical exercise.

WRAP UP