

WELCOME TO OUR CLASS



Hoaloil High School

By: TRUONG HUU HANH



# Tiếng Anh 11



Unit

1

# A long and healthy life

LESSON 3

READING

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

## LESSON 3

## READING

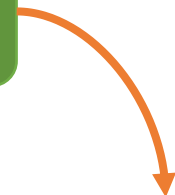
**WARM-UP**



**PRE-READING**



**WHILE-READING**



**POST-READING**



**CONSOLIDATION**

Crossword

Vocabulary

- Task 2. Read the article. Solve the crossword with words and phrases from it.
- Task 3. Match the section with the heading.
- Task 4. Complete the diagrams with information from the text.

Discussion

- Wrap-up
- Homework

# WARM-UP

## CROSSWORD

- Work in groups.
- Take turns to choose a word.
- If you get the correct answer → 1 point.
- If the answer is wrong or you don't have the answer → the chance is for other groups.
- After 6 words you can answer the key word → 5 points
- If the key word is incorrect → you are out of the game.



# WARM-UP

**KEY WORD:**  
**(11 letters)**

A way of  
living that  
helps you  
enjoy more  
aspects of  
your life.

1					H	E	A	R	T		
2			D	I	E	T					
3				W	A	T	E	R			
4			I	L	L	N	E	S	S		
5				S	T	R	E	N	G	T	H
6				C	H	I	P	S			
7			P	H	Y	S	I	C	A	L	
8			C	A	L	O	R	I	E	S	
9	E	X	A	M	I	N	E				
10		S	U	F	F	E	R				
11		V	E	G	E	T	A	B	L	E	

# WARM-UP

## Question 1

Eating too much fat can cause \_\_\_\_\_ diseases.

## Question 2

Go on a \_\_\_\_\_ means to begin a specific nutritional plan in an attempt to lose weight or achieve some other health benefits.



## Question 3

A clear liquid that has no color or taste when it is pure.

## Question 4

A disease or period of sickness affecting the body or mind.

## Question 5

The noun of 'strong'

# WARM-UP

## Question 6

What is it?





# WARM-UP

## Question 7

The subject P.E stands for \_\_\_\_\_ Education.

# WARM-UP

## Question 8

Doing exercises can burn out many \_\_\_\_\_.

## Question 9

To look at or consider a person or thing carefully to discover something about them.

# WARM-UP

## Question 10

Do you \_\_\_\_\_ from any allergies?



## Question 11

Eating enough \_\_\_\_\_ and fruits is good for your digestive system.

# PRE-READING

- 1 Work in pairs. Look at the photos and discuss the questions.



Which photos show healthy habits?  
Which ones show unhealthy habits?

## life expectancy (n)

*/ˈlaɪf ɪkspektənsi/*



the number of years that a person is likely to live



## ingredient (n)

/ɪnˈɡriːdiənt/



one of the things from which something is made, especially one of the foods that are used together to make a particular dish





# PRE-READING

## nutrient (n)

/'nju:triənt/



a substance that is needed to keep a living thing alive and to help it to grow



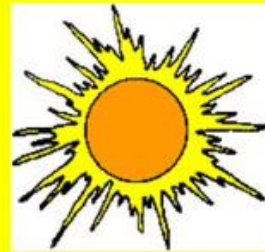
# PRE-READING

## (to) give off

/gɪv ɒf/



to produce something such as a smell, heat, light, etc.



**Sun**



**fire**



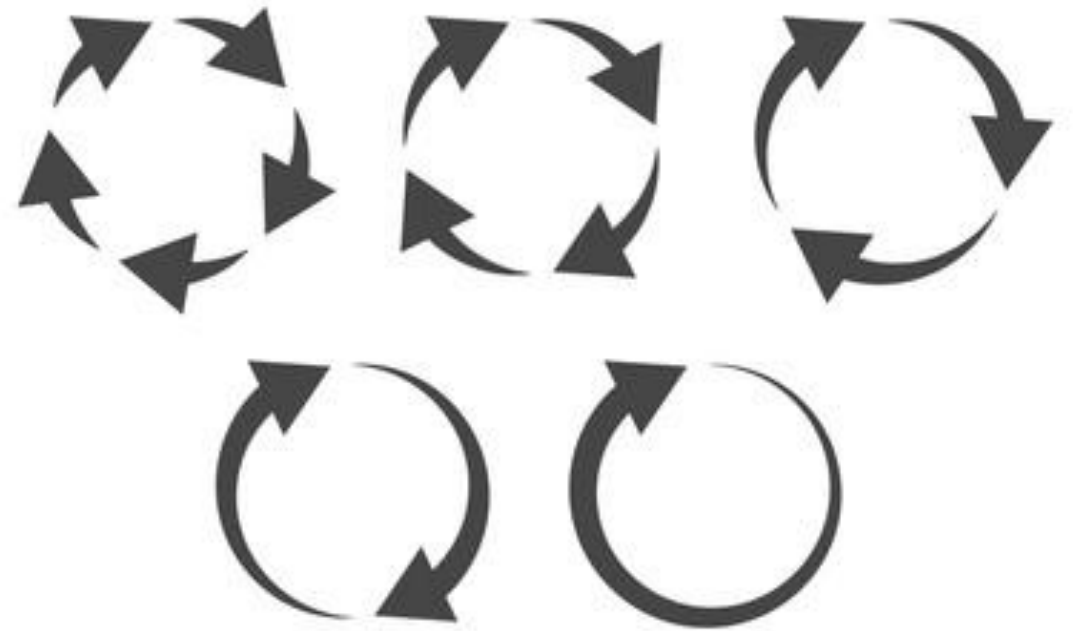
**electricity**

**repetitive (adj)**

*/rɪ'petətɪv/*



repeated many time



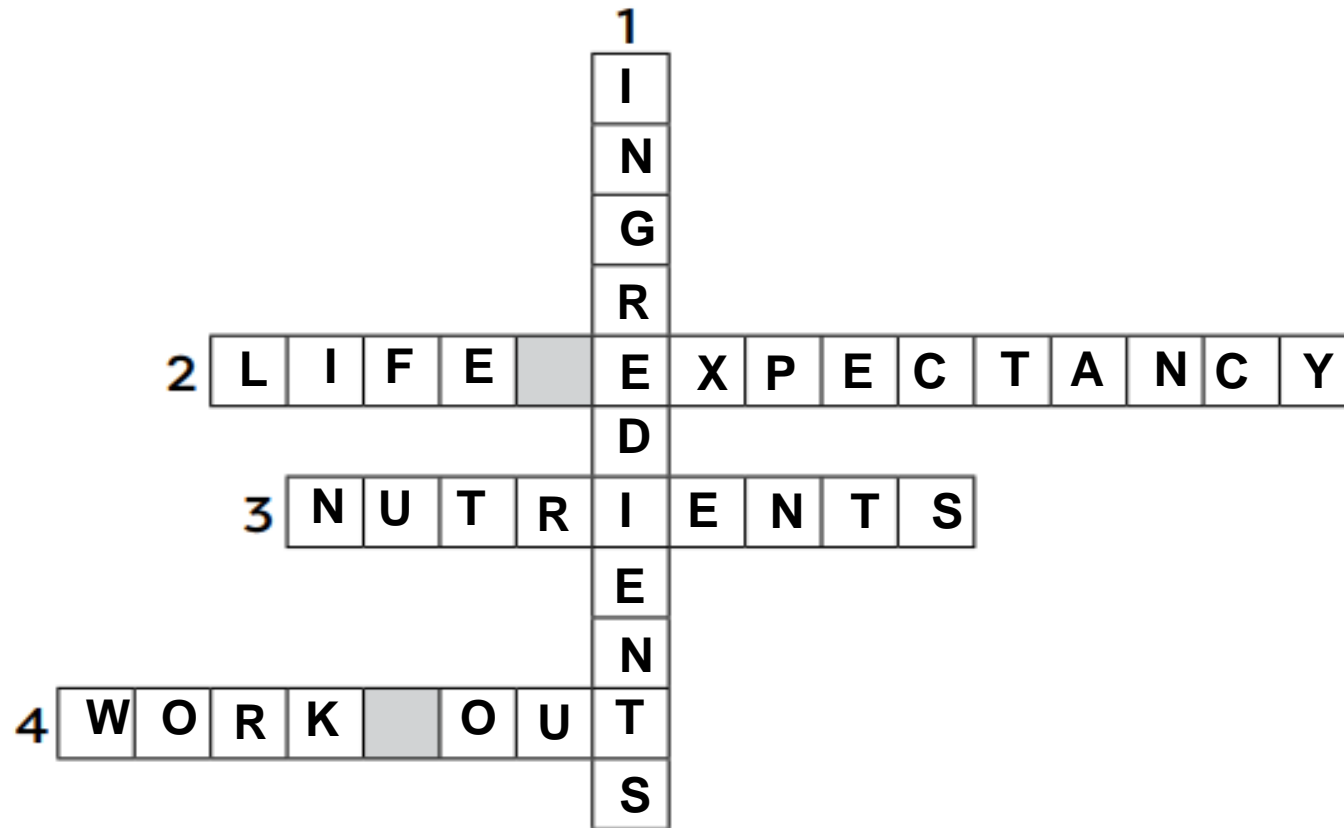
# PRE-READING

Form	Pronunciation	Meaning	Vietnamese equivalent
1. life expectancy (n)	/ˈlaɪf ɪkspektənsi/	the number of years that a person is likely to live	tuổi thọ
2. ingredient (n)	/ɪnˈɡriːdiənt/	one of the things from which something is made, especially one of the foods that are used together to make a particular dish	nguyên liệu
3. nutrient (n)	/ˈnjuːtriənt/	a substance that is needed to keep a living thing alive and to help it to grow	chất dinh dưỡng
4. (to) give off	/ɡɪv ɒf/	to produce something such as a smell, heat, light, etc.	phát ra, tỏa ra
5. repetitive (adj)	/rɪˈpetətɪv/	repeated many time	lặp đi lặp lại



# WHILE-READING

- 2** Read the article. Solve the crossword with words and phrases from it.



# WHILE-READING

- 3** Read the article again. Match the section (A-C) with the heading (1-5) below. There are TWO extra headings.

## A. 1. Eat better

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.

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

# WHILE-READING

- 3** Read the article again. Match the section (A-C) with the heading (1-5) below. There are TWO extra headings.

## **B. 2. Exercise regularly**

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.

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

# WHILE-READING

**3** Read the article again. Match the section (A-C) with the heading (1-5) below. There are TWO extra headings.

## **C.5. Sleep well**

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.

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

# WHILE-READING

**4** Read the article again. Complete the diagrams with information from the text. Use no more than two words for each gap.

- A**
- Study food labels
  - Avoid too much salt or sugar
  - Add fresh fruits and vegetables
  - Eat a big (1) breakfast

**B**

Choose  
(2) suitable  
exercise

Start slowly

Work out  
longer

Exercise  
(3) regularly

**C**

Before bed:

- Avoid having coffee or (4) energy drinks / exercising
- Turn off (5) electronic devices

Unable to sleep: do  
something repetitive  
or listen to music

# POST-READING

## 5 Discussion

Do you find the advice in the article useful?

Have you tried following any of the suggestions above?





# CONSOLIDATION

## **1** Wrap-up

What have you learnt today?

- Some lexical items about healthy lifestyle
- Reading for main ideas and specific information

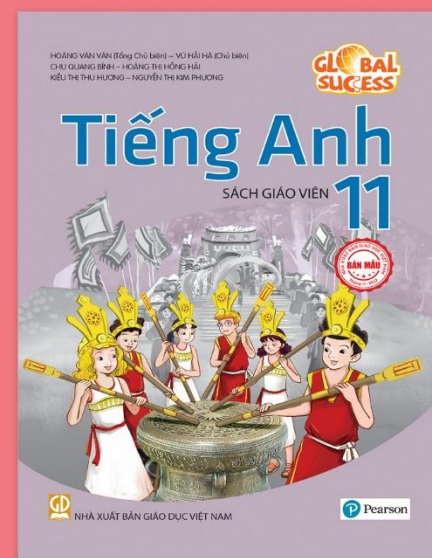
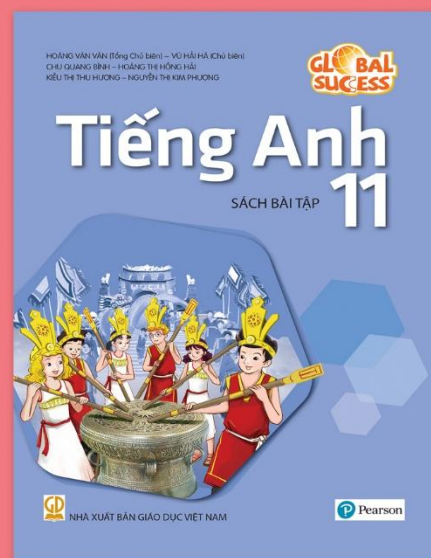
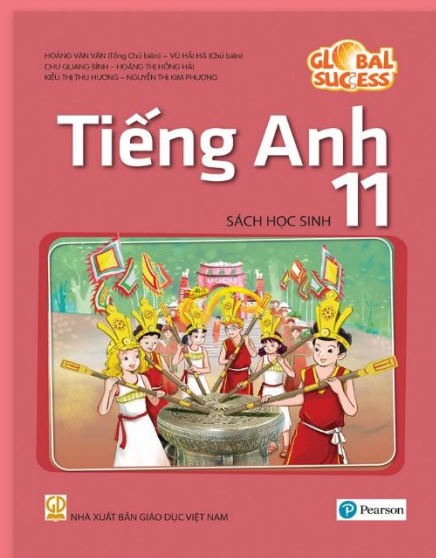


# CONSOLIDATION

## **2** Homework

- Do exercises in the workbook.
- Prepare for Lesson 4 - Unit 1.

# THANK YOU



Website: [hoclieu.vn](http://hoclieu.vn)

Fanpage: [facebook.com/www.tienganhglobalsuccess.vn](https://facebook.com/www.tienganhglobalsuccess.vn)