

WELCOME TO OUR CLASS



Hoalo! High School

By: TRUONG HUU HANH

Tiếng Anh 11



Unit

1

A long and healthy life

LESSON 5

LISTENING

Food and health

LESSON 5

LISTENING

WARM-UP



PRE-LISTENING



WHILE-LISTENING



POST-LISTENING



CONSOLIDATION

Matching

Task 1. Choose the correct meaning of the underlined word and phrase.

Task 2. Circle the topic of the show.

Task 3. Listen again and tick the food which is recommended in the talk.

Task 4. Complete the sentences. Use ONE word for each answer.

Make a healthy meal plan for one day

- Wrap-up
- Homework

WARM-UP

Matching

Words	Meaning
1. Health products	a. Cơ bắp
2. Skincare	b. Sống khỏe
3. Teenager	c. Chế độ ăn uống lành mạnh
4. Stay healthy	d. Chương trình luyện tập thể dục
5. Brain development	e. Sản phẩm sức khỏe
6. Improve	f. Thanh thiếu niên
7. A healthy diet	g. Chăm sóc da
8. Muscle	h. Phát triển bộ não
9. Physical and mental activity	i. Cải thiện,
10. Fitness programs	j. Hoạt động thể chất và tinh thần

1. e 2. g 3. f 4. b 5. h 6. i 7. c 8. a 9. j 10. d

PRE-LISTENING

What is a balanced diet?



A diet that contains different kinds of foods in appropriate amounts to give our body the nutrients it needs

PRE-LISTENING

New words:

1. Contain	(v)	Chứa, đựng
2. Replace	(v)	Thay thế
3. Concentrate on	(v)	Tập trung
4. Skin	(n)	Da
5. Bone	(n)	Xương
6. Brain	(n)	Não
7. Supply	(v)	Cung cấp
8. Cut down on	(v)	Giảm
9. Acne	(n)	Mụn trứng cá
10. Pimple	(n)	Mụn bọc
11. Affect	(v)	Ảnh hưởng
12. Dessert	(n)	Món ngọt, món tráng miệng
13. Brown rice	(n)	Gạo lứt
14. yogurt	(n)	Sữa chua, Ya-ua

PRE-LISTENING

1 Choose the correct meaning of the underlined word and phrase

1. Regular exercise can increase your fitness.

☒ **A.** being healthy and physically strong

☐ **B.** being intelligent

2. To stay healthy, you should cut down on sugar and fast food.

☐ **A.** increase

☒ **B.** reduce



2 Listen to a TV chat show about teen health. Circle the topic of the show.

- A.** Health products and fitness programmes for young people
- B.** Food for skincare and brain development
- C.** Healthy food for young people
- D.** Food that can replace exercise

WHILE-LISTENING



- 3** Listen again and tick the food which is recommended in the talk.

Good for skin & brain	Good for bones & muscles
<input type="checkbox"/> food with a lot of sugar	<input checked="" type="checkbox"/> eggs
<input type="checkbox"/> white rice	<input checked="" type="checkbox"/> fish
<input checked="" type="checkbox"/> yoghurt	<input checked="" type="checkbox"/> butter
<input type="checkbox"/> lemons	<input checked="" type="checkbox"/> carrots
<input checked="" type="checkbox"/> green vegetables	<input type="checkbox"/> potato chips

WHILE-LISTENING



4 Listen again and complete the sentences. Use **ONE** word for each answer.

1. Teens should eat less food which is rich in sugar.
2. Green vegetables can help teens concentrate better.
3. Food such as eggs and fish can help teens become taller and stronger.
4. Food can't replace exercise.

Tapescript:



- Good evening. This is Oliver and this is Teen Life, where we answer questions from young people this week. We have received a lot of health questions, so today we have Catherine Jones, our food expert, to **talk about healthy eating for teenagers and how food can affect their health**. Welcome and thank you for joining us, Catherine.
- Good evening and thank you for inviting me.
- Well, when people want to improve their health and fitness, they often think of expensive health products and fitness programs. But in fact, we can solve many of our health problems if we just eat healthily. For example, a lot of teenagers suffer from acne, pimples or other skin issues and often look for expensive skin care products. This is not necessary because they can simply change their diets for better skin. Food with a lot of sugar is not very good for your skin, so you should cut down on sugary desserts and drinks. By contrast, brown rice, **yogurt**, watermelons and **green vegetables are great for healthy skin**. Moreover, green vegetables can improve brain health and memory and help teens concentrate better. **Teenagers are still growing, so they also need food for building strong bones and muscles**. Research shows that eggs, fish, butter, carrots and sweet potatoes can help make them taller and stronger. Although food can't replace exercise, eating a balanced diet supplying all the nutrients you need will definitely help improve your muscle strength.
- I guess you are what you eat after all. Thank you, Catherine.

POST-LISTENING

- 5** Work in groups. Make a healthy meal plan for one day and explain why you have selected the food.



CONSOLIDATION

1 Wrap-up

What have you learnt today?

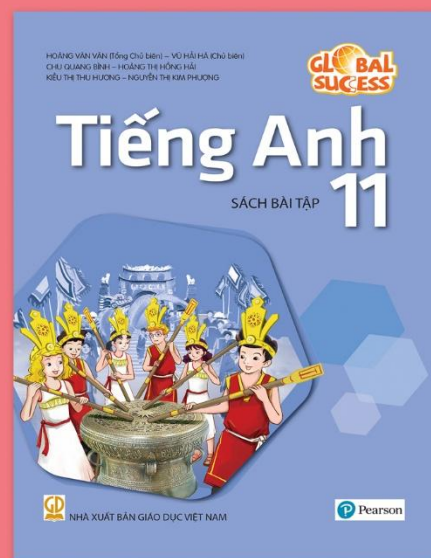
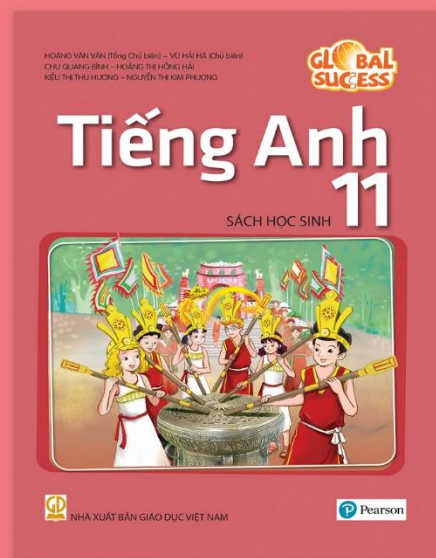
- Healthy food for teenagers
- Listening for main ideas and specific information

CONSOLIDATION

2 Homework

- Do exercises in the workbook.
- Prepare for Lesson 6 - Unit 1.

THANK YOU



Website: hoclieu.vn

Fanpage: facebook.com/www.tienganhglobalsuccess.vn