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| Listening Lesson Plan | | | |
| Title: Food and Diet - Importance of eating Healthy | | | |
| INSTRUCTOR | LEVEL / AGE | STUDENTS | LENGTH |
| Ms. Amy Oh | Intermediate/13-15 | 17 | 50 mins |
| Materials: White board, board markers, erasers, colored markers.  CD player  Mp3 file ( Eating healthy )  Listening script (17 copies)  Comprehension Question Worksheet for “Eating Healthy” (17 copies)  “Food and Diet” video clip and Exercises Worksheet ( 17 copies)  Laptop & internet  Extra papers | | | |
| Aims:  1. Develop listening skills by listening to the 'Eating Healthy' mp3 file and watch the video clip of “ Food and Diet” 2. Study about the importance of eating healthy by listening “Eating healthy” and reading the script 3. Students can practice speaking by group discussion 4. Students can learn new vocabularies related to the topic by completing a exercise worksheet 'Food and Diet' | | | |
| Language Skills: **Listening:** listening to 'Eating Healthy' mp3 file, watch the video clip of “Food and Diet” , class mate’s opinion, teacher’s eliciting  Speaking: Group discussion  Reading: Comprehension Questions worksheet & listening script & “Food and Diet” exercises worksheet  Writing: Write Answers for comprehension questions and exercise worksheet | | | |
| Language Systems: Phonology: listening to the pronunciation and learn where to use stress and intonation  Lexis: learning new vocabulary (condiments, vegan, aubergines, cod, lentils etc…)  Grammar: Answering comprehension questions and exercise worksheet  Discourse: group discussion  Functions: Asking and answering the questions about their personal preference | | | |
| Assumptions: All Students have done Listening activities before.  students know how to express personal opinions in English  students will make some mistakes during the class  Most of students will be able to take a note while they are listening  Students will have a dictionary with them | | | |
| Anticipated Errors and Solutions: (Problem)For the Listening exercise, the radio might fail due to a blackout  in electricity. – (Solution) I will turn myself into the human radio and control the students    (Problem)Students might be too slow for doing exercise worksheets which may affect time management. – (Solution) I will pre-teach students some vocabulary before the lesson or rest of worksheet can be done at home. | | | |
| References: http://comprehension-worksheets.com/second-grade/2nd-grade-reading-comprehension-worksheet-14.pdf  <http://www.carmenlu.com/food_vocab3.pdf>  http://www.youtube.com/results?search\_query=importance+eating+healthy | | | |
| Notes: | | | |

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| Pre Task | | | |
| Title: Student short discussion and guiding questions | | Aims:To make students ready and be interested in a lessonStudents can practice speaking by talking about their personal preference in groups of 4-5 | Materials: |
| Time | Set Up | Students | Teacher |
| 6mins | Whole class | * talk in a group of 4-5 and talk about what they had for breakfast in the morning and their favorite food etc... * answer guiding questions | - Greeting students (good morning everyone~)  - Ask students to have a little chat in group of 4-5 people, talk about their favorite food, their breakfast menu  - Give students Guiding questions   1. What is your favorite food? 2. Do you like eating healthy? 3. Do you like vegetables or fruits? |
| Notes | | | |

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| Task Preparation | | | |
| Title: vocabulary | | Aims:Pre-teach the new vocabulary related to topic Introduce the concept of lesson | Materials: White board, markers |
| Time | Set Up | Students | Teacher |
| 10  mins | Whole class | * Practice the new vocabulary with the teacher * Use a dictionary to find out a synonyms and antonyms * Make a sentence with new vocabulary * Ask questions | * Drilling with the students * Improve pronunciation * Ask students to find out antonyms and synonyms by using a dictionary * Answer the questions * Encourage students to make a sentence with new vocabulary |
| Notes: | | | |

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| Task Realization | | | |
| Title: Listening to a mp3 file | | Aims:  1. Develop listening skills by listening to the CD 'Eating Healthy' and watch the video clip of “ Food and Diet” 2. Study about the importance of eating healthy by listening “Eating healthy” and reading the script 3. Students can practice speaking by group discussion 4. Students can learn new vocabularies related to the topic by completing a exercise worksheet 'Food and Diet' | Materials: White board, board markers, erasers, colored markers.  CD player  Mp3 file ( Eating healthy )  Listening script (17 copies)  Comprehension Question Worksheet for “Eating Healthy” (17 copies)  Food and Diet video clip and Exercises Worksheet ( 17 copies)  Laptop & internet  Extra papers |
| Time | Set Up | Students | Teacher |
| 24  mins | Individual(4min)  Group (4min)  Individual (10min)  Group(6min) | * Listen to 'Eating Healthy' mp3 file and take some notes on the script * Ask questions * Fill out the comprehension worksheet   - discuss about the topic and compare the answers for comprehension questions with class mates in a group of 4-5   * Watch the video clip of “Food and Diet” * Fill out the exercises worksheet for “Food and Diet” * Ask questions   - discuss personal opinions of importance of “Eating healthy” with class mates in a group of 4-5  - share and compare the answers for exercise worksheet | - Hand out the listening script and comprehension worksheet  - Play the mp3 files  - observe the class and make sure everyone is fine of doing the worksheet  - answer the questions   * Make students into group of 4-5 and ask students to discuss about the topic and compare the answer * walk around the class to check if any help needed * play the video clip of “Food and Diet” * hand out the exercise worksheet for “Food and Diet” * encourage students to fill in the blanks by themselves * observe the class * answer the questions * observe the class * listen to students |
| Notes: Due to time management, worksheet can be completed at home S.O.S activities - Watching the video clips related to the topic from YouTube <http://www.youtube.com/results?search_query=importance+eating+healthy> | | | |

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| Post Task | | | |
| Title: Applying importance of “Eating healthy” to students real life | | Aims:Students can develop listening and speaking skills by listening to each other and talking about their personal opinion | Materials: |
| Time | Set Up | Students | Teacher |
| 10  mins | Group of 4-5 students | * talk about importance of “Eating healthy” in personal opinion with other class mates | * Walk around and listen to a few groups |
| Notes | | | |

# Worksheets, handouts and lesson materials

**Eating Healthy (mp3 file & script)**

Story By: Andrew Frinkle

Ethan loved eating chicken nuggets, pizza, fries, and

burgers. To drink, he always liked milk shakes, cola, or sugary

drinks. The sweeter it was, the more he liked it.

“You can’t keep eating this stuff!” Ethan’s mom

complained.

“Why? It tastes so good.”

His mother frowned and crossed her arms. “You eat

too much sugar.”

“Yum! Sugar.” Ethan smiled happily.

“Look at what you’re eating for breakfast.”

Ethan looked at the food in front of him. It looked good to him. “I’m having Juice, super

rainbow sugar sprinkle krispies, and a donut.” He smiled and took a bite of his glazed, jelly-filled

donut. He chewed and then stopped when his teeth began to ache.

“Ethan, you’re going to have to go to the dentist if you’re getting cavities.”

“No, I’m not!” Ethan denied it. He took another bite to prove he was fine. His teeth really

ached, though.

“See?” His mother sighed.

“Why do all the delicious things have to be bad for me? I can’t eat broccoli forever. I’m not a

rabbit.”

“I know, but you don’t get all the vitamins and minerals you need from the stuff you like to eat.

All that food is sugar and fat. You need good food for healthy teeth, eyes, and even your brain!” His

mother explained. “If you can’t start making healthy choices more often, I won’t buy any junk food or

sweets to keep in the house for snacks.”

“That’s not fair!” Ethan whined.

Whining didn’t work with mother. It made her more serious. “Snacks are supposed to be

occasional treats, not your regular meals. I should have bought more healthy breakfast foods for you.

Tomorrow you will have eggs, toast without jam, bacon, some fresh fruit, and a glass of milk.”

“That doesn’t sound too bad.”

“I’m not going to put all these sweets in your lunch anymore, either. You will get yogurt,

raisins, or fresh fruit for your dessert in your lunch, okay?”

Ethan didn’t want to agree, but his mom’s suggestion wasn’t really that bad. Maybe his teeth

wouldn’t hurt so much anymore, either. He *really* didn’t like trips to the dentist.

Skill - Reading Comprehension Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ⓒ HaveFunTeaching.com

**Eating Healthy (Comprehension questions)**

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

1. What kind of food does Ethan like to eat?

A. Healthy food

B. Only meat

C. Sweet food

D. Organic food

2. Why do Ethan’s teeth hurt?

A. He’s getting cavities.

B. He’s chewing too much.

C. He just went to the dentist.

D. None of the above

3. Which is a NOT a reason why Ethan’s mom wants him to eat healthy?

A. Healthy foods have vitamins.

B. Healthy foods won’t hurt his teeth.

C. Healthy foods help his body.

D. Healthy foods taste bad.

4. Why does Ethan think he won’t mind breakfast tomorrow?

A. He gets to eat the same sweet stuff still.

B. He gets to go to a restaurant for breakfast.

C. He gets to eat ice cream for breakfast.

D. The food he gets to eat tomorrow sounds delicious.

5. What is another benefit for Ethan of eating healthy?

A. He won’t have to see the dentist so often.

B. He will get fat.

C. He will not like the food.

D. He will be sad, because he can’t eat delicious food.

Skill - Reading Comprehension Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ⓒ HaveFunTeaching.com

**Eating Healthy – Answer Key**

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

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**C. Sweet food**

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\*\*\*I apologize for missing of “Food and Diet” worksheet.

I couldn’t attach to this lesson plan. Because it was PDF file. Please visit the website to check if needed. \*\*\*