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| **Topic: A Happier Life** |
| **Instructor:** | **Level:** | **Age:**  | **Number of Students:** | **Length:** |
| **Young Ihl Kim** | **Intermediate** | **Adults** | **13** | **25 minutes** |
| **Materials:*** **A Picture for eliciting**
* **13 copies of the reading text “Mediterranean Diets Keep You Happier”**

**6copies of the vocabulary matching, true/false and gap fill worksheets*** **13 copies of the Mediterranean diet shopping list for discussion and presentation**
* **Board & Markers**
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| **Aims:*** **We will identify the vocabulary related to a healthy diet by matching of synonyms,**

**true/false and gap fill tasks.*** **We will describe and make a healthy diet for a happier life by discussion and presentation**
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| **Language Skills:*** **Reading: reading the text, work sheets and the Mediterranean diet shopping list**
* **Listening: listening to the teacher’s presentation, instruction, demonstration and**

**classmates’ ideas*** **Writing: answering worksheets**
* **Speaking: sharing ideas in a group**
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| **Language Systems:*** **Lexis: the words related to a healthy diet**
* **Phonology: practicing new vocabulary**
* **Discourse: expressing opinions**
* **Function: giving and receiving opinions**
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| **Assumptions:****Ss already know:*** **The teacher’s style of teaching and the pace of the class.**
* **Ss are at an intermediate level and may already know the vocabulary to present.**
* **Ss are able to express their ideas and opinions in English.**
* **Ss are used to work in groups (pairs and groups of 4).**
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| **Anticipated Errors and Solutions:****Ss may have different pace in reading the text or may have difficulty in understanding the text.*** **Teacher gives Ss more time to read the text or explains the words or sentences that Ss**

**do not understand.****If Ss need more time to finish their activity*** **Give Ss more time to finish their activity and shorten or cut off the time of post activity.**

**If Ss finish their tasks earlier than expected*** **Give Ss more time to share their opinions or to review today’s topic.**
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| **References:****Mediterranean Diets Keep You Happier (October 7, 2009). In Breaking News English. Retrieved** **November 18, 2015, from http://www.breakingnewsenglish.com/0910/091007-mediterranean\_diet.html** |
| **Notes:** |

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| **Presentation: Lead-in and Presenting the related vocabulary** |
| **Aims:****To elicit questions about the picture** **To write Ss’ answers on the board****To introduce the topic****To present the related vocabulary** | **Materials:****A picture of the Mediterranean Diet****Worksheet 1`. Synonym Match****Board & Markers** |
| **Time** | **Set Up** | **Student**  | **Teacher** |
| **5 min.** | **Whole****Class****Pair work****Whole class** | **Answering the questions****Repeat “researcher”****Doing Synonym Match in pairs****Whole class****Checking the answers** | **Procedure:****<Greeting>****Hello everyone, how was your weekend?****<Eliciting and Prediction>****(Showing Ss a picture to elicit the topic)****Look at the picture on the board.** **What comes to mind when you see****this picture?****Yes, right! This is about the Mediterranean diet.****Have you ever heard of the Mediterranean diet?****Do you know what the Mediterranean diet is in general?****Have you ever tried to follow the** **Mediterranean diet?****If so, how was it?****(Get Ss’ ideas and write them on the board.)****Good.****Today we are going to talk about the Mediterranean diet. Sooner or later we will do worksheets, have discussion and do presentation.****Before we read the text, let’s learn the words related to a healthy diet.****\*\*Vocabulary****(T writes the word “researcher” on the board and reads.)****Repeat after me.****“researcher”****“Researcher” means a person who studies or investigates.****Now, we are going to do a synonym matching activity.****<Instruction>****Match the word on the left to the meaning on the right. Draw a line to match. It is a pair work,****so work with your partner next to you. You have 2 minutes to do.****(T distributes 6 copies of worksheet 1. Synonym Match.)****Okay, you can start.****<ICQ>****Are you working alone?****How much time do you have?****(Monitoring discreetly and taking notes)****You have 1 minute left.****Ok, time’s up.****Let’s check the answers together.****What did you get for “boost”?****(Check all or some of the answers orally with Ss)****OK. Now, let’s prepare for reading our text “Mediterranean Diets Keep You Happier.”** |
| **Notes:** |
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| **Practice: While-reading main activities for comprehension** |
| **Aims:** **To skim for the main idea****To scan for Details****To answer guiding questions** | **Materials:****Reading text****Worksheets 2 and 3****Board and Markers** |
| **Time** | **Set Up** | **Student**  | **Teacher** |
| **10 min** | **Whole** **Clas****In pairs****In pairs****Whole class** | **Reading the text****Discussing the guiding question****Doing True/false and Gap Fill****Checking the answers** | **Procedure:****\*\*Skimming for the Main Idea****(T writes the guiding question on****the board)****Why do Mediterranean diets make****people happier in life?****<Instruction>****Skim the text. Think about this****question when you read.****You have 2 minutes. Work alone.****<ICQ>****What are you going to do?****Do you read the text alone?****How much time do you have?****(T distributes the reading text.)****Ok. You can start.****(Monitoring discreetly)****You have 1 minute left.****Now, turn over your reading text.****Discuss the question on the board****with your partner for 2 minutes.****(Monitor discreetly and take notes)****Good.** **Now we are going to do other****activity.****\*\*Scanning for Details****<Instruction>****This time we are going to scan the text and search for details.****For our purpose we will do True/false****and Gap Fill activities.****First, as for the True/false task****if a sentence is correct, circle T.****If a sentence is not correct, circle F.****Concerning for the Gap Fill task****Put the words into the gaps in the****text by choosing the words below two****paragraphs.****Work with your partner.****I will give you 4 minutes.****<ICQ>****Do you work alone?****What should you do?****How much time do you have?****(T distributes 6 copies of each of worksheet 2. True / False and worksheet 3. Gap Fill.)****Now, you can start.****(Monitor discreetly)****You have 1 minute left.****Ok. You seem to have finished your****worksheets.** **Now, let’s check the answers together****What is the answer for question number****a? And what is the word to be filled into****the gap in the first sentence?****(Check all or some of the answers orally****with Ss)** |
| **Notes:** |
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| **Production: Discussion and Presentation** |
| **Aims:****To provide Ss with free practice of choosing their****own favorite foods and preparing 1 main food by****using the foods from the Mediterranean diet for****a happier life** | **Materials:****Worksheets 4 and 5****Mediterranean Diet Shopping List** |
| **Time** | **Set Up** | **Student**  | **Teacher** |
| **7 min** | **Whole****Class****Individu-****Ally &****In pairs****In groups** | **Doing worksheet****Group discussion****Group presentation** | **Procedure:****\*\*Free practice****<Instruction>****Now we are going to choose one’s****Favorite 3 foods from each of the 5****Categories of the Mediterranean** **Diet and rank them. The 5****Categories are vegetables,****Fruits, nuts, whole grains and fish/****Seafood. You should use the** **Mediterranean diet shopping list.****Write your choices on the worksheet** **And compare them with those of your****Partner.****I will give you 2 minutes.****<Demonstration>****For example, as for fruits I chose 1)****Apples, 2) grapes, and 3) melons.****(T distributes 13 copies of worksheet 4)****<ICQ>****How much time do you have?****What are you supposed to do?****Are you working alone?****Let’s start.****(Monitoring discreetly)****1 minute left.****Ok, time’s up.****And now we are going to do other****Activity.****<Instruction>****Let’s assume:****We are going to make dinner for a** **Birthday party for a friend. We will****Work in 3 groups of 4, A, B, C.****Each group is supposed to prepare****1 main food and has to shop at least****More than 5 foods (ingredients) from the****Mediterranean diet shopping list.****If necessary, you may choose foods not****Included in the list.****Introduce 1 main food each group would****Like to make and introduce the foods****To be used for the main food.****Also present the reason for preparing****Such a food.** **After finishing this, each or one group****Should do presentation on their****Decision.****You have 4 minutes for discussion and** **1 minute for presentation.****<Demonstration>****For example, our group wanted to make****Lasagna and bought the following foods****For making the main food such as …****(T distributes 3 copies of worksheet 5.)****<ICQ>****What are you going to do?****Do you work alone?****How much time do you have for** **Discussion?****How much time do you have for****Presentation?****Now, let’s start.****(T monitors discreetly and takes notes)****You have 1 minute left.****Time’s up. Let’s start presentation** **Beginning with group A.** |
| **Notes:** |
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| **Post Production: Feedback and closing** |
| **Aims:****To do error correction****To review what Ss have learned today by asking** **CCQs and giving homework** | **Materials:****Board and Markers** |
| **Time** | **Set Up** | **Student**  | **Teacher** |
| **3 min** | **Whole class** | **Answer the question** | **<Feedback>****How many words were new for you?****Which activities were the most difficult****For you?****<Error Correction>****Look at the board.****Which sentence do you think is****Correct?****Many people mistake the word****“efficiency” for the word “efficacy”.****In this sentence what is correct is****Efficacy (X)****Efficiency (O)****<CCQ>****What did you learn about the** **Importance of the Mediterranean diet?****<Homework>****You have a homework to do.** **Write a short essay on how to faithfully****Follow the Mediterranean diet.****<Closing>****Today we talked about the vocabulary****Related to a healthy diet and the** **Importance of the Mediterranean diet.****Do you have any questions about it?****Good job today.****See you guys tomorrow.** |
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