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| **☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing** |
| **Topic: Food & Health** |

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| **Instructor:****Cho** | **Level:****Intermediate** | **Students:****6** | **Length:****30 Minutes** |

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| **Materials:** * **Listening mp3 file(each about 3minutes)**
* **Video through "Youtube"**
* **Gap fill worksheet(8copies)**
* **Board & Marker**
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| **Aims:*** **Main : To enable students to improve their listening skills by watching and listening**
* **To learn vocabulary and expressions by matching the sheet**
* **Let them know their knowledge of health**
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| **Language Skills:*** **Listening : Try to catch a variety of words while watch video or mp3 file**
* **Speaking : Comparing answers within pair work**
* **Writing & Reading : Take a note & dictation**
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| **Language Systems:*** **Lexis : Vocabulary used in the article**
* **Discourse : Discussion within group**
* **Function : Asking questions**
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| **Assumptions:*** **Students know their own favorite food or exercise**
* **All students are adult(Age 20above)**
* **Students will understand the scipt without having problem**
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| **Anticipated Errors and Solutions:*** **Students may not be able to understand some words**

**→ Before listening, students will learn new vocabularies in the acticle** |

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| **References:****(Lead-In)**[**https://www.youtube.com/watch?v=aXsrxmGWohI**](https://www.youtube.com/watch?v=aXsrxmGWohI)**(Main activity)**[**http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-160818**](http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-160818)**(Post activity)**[**https://www.youtube.com/watch?v=Bf7N43O21sM**](https://www.youtube.com/watch?v=Bf7N43O21sM)**(Pre activity)****power point files** |

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| **Lead-In** |
| **Materials: video, White board, Maker**  |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **8 min** | **Whole****Class** | **Watch video** | **All of you have your favorite food?****Right?****(Ask questions to some students)*** **What is your favorite food?**
* **Whtat is your unfavorite food?**

**(After listening to students' answers)****Ok. I guess who's fussy eater or not!****(CCQ)****Do you know the meaning of the fussy eater?****If say "yes" - listen their thinking** **and add explaining it**  **what I have**  **"no" - explain its definition****(there are people who don't eat a balanced food / They only eat what they want. Also It causes a bad health)****Now, let's watch a video from youtube which is going to show you something.** **Just enjoy it!****(Ask students' feeling)****- How did you feel during**  **watching the video?** **- Who would like to be the contestant in that Competition?****The video we've seen, participants seem to be very "innomal people".** **Also, they have a strong digestive systems.****Eating is one of the most important part****in our lives.****Ok! Today, I'm going to talk about** **food and health** |

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| **Pre-Activity** |
| **Materials: power point** |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **6min** | **Whole class** | **worksheet papers** | **(CCQ)****- Do you think, food is related**  **to health?****- Why do you think like that way?****- Our body generally needs to obtain**  **3 things which are…?****(Ask students and hear answers form students)****Food usually has some kinds of nutrients which are mainly proteins, fats and carbohydrate.****So, I'm going to show you food and body photoes on PPT****You can guess what those are,****(Let students repeat what I say)****Next! Here's the match games for you.****Match correctly.****I'll give you 2 minutes to do this** **and think about their roles of our body.****(CCQ)****Ok! How many times you can spend for the matching games?****(Students may say "2minutes")****Right! Start!****Ok. Let's have a check**  **what you have done****Did you have all correct answers?** |

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| **Main Activity** |
| **Materials: Audio, work sheet** |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **10min** | **Whole****Class** | **Listen audio and work sheet** | **Now we know a variety of food and health knowledge.****Here is a listening audio.****It's linked to our topics aswell!****Alright, are you ready to listen to it? Sure?****Ok! Let's get started!****You also can fill it out blanks in your sheets.****Before getting the answers, compaired with your partner and discuss about the blanks what you have.** **Times up! Well done?** **You want to listen again? Before having the answers?** |

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| **Post Activity** |
| **Materials: Video** |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **4 min** | **Whole****Class** |  | **Ok, Watch video and think again about a balanced diet.****So, what is the balannced diet?****What are side effects if having a unbalanced diet?****As you know, It is difficult for you to eat a balanced diet!****Last question for you!****What is the key-point today?****What have you learned so far?****Yes! before getting finished,****I would like you to know this one****"You are what you eat!"** |

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| **SOS Activity** |
| **Materials: Paper** |
| **Time** | **Set Up** | **Student Activity** | **Teacher Talk** |
| **5min** | **Whole****Class** |  | **I am going to give you a paper.****You need to make your own daily rountine of eating.****Think about what you have eaten****whole day and draw or write it to****your paper.** **(After done worksheet)** **you check your own habit of eating and consider yourself about health.****Also, compared with your partners.** |