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| **Topic:** Coffee can help you live longer | | | | |
| **Instructor:** | **Level:** | **Age:** | **Number of Students:** | **Length:** |
| Sunmi Kim(Cindy) | Intermediate | Adults | 3 | 30 minutes |
| **Materials:**  - Paper cup : Pre-Task  - Coffee(for smelling) : Pre-Task  - Article : Task Preparation  - Worksheet#1 : Task Preparation  - Worksheet#2 : Task Realization  - Worksheet#3 : Task Realization  - Video : Post Task  - Paper : SOS Activity  - Crayon : SOS Activity | | | | |
| **Aims:**  - Students will be able to know the benefits of the coffee.  - Students will be able to read the exact meaning of the article.  - Students will be able to have time to discuss coffee. | | | | |
| **Language Skills:**  - Listening : Students will comprehend the audio during the video.  - Reading : Students will read article and understand the meaning of it.  - Speaking : Students will express their own opinion related to the coffee.  - Writing : Students will write the answer on worksheet. | | | | |
| **Language Systems:**  - Phonology : c**o**mponent c**o**nfer c**o**nsumption **/ə/**  - Lexis : new words in article related to coffee research (further, premature, component etc)  - Grammar: usage of modifier  - Function : explaining  - Discourse : discuss the pros and cons of coffee | | | | |
| **Assumptions:**  - Students have eaten all the food used in the class.  - Students are ordinary people who can feel the touch. | | | | |
| **Anticipated Errors and Solutions**  - Students keep quiet for fear of making mistakes while speaking.  → encourage them to speak with ease, not to correct their errors immediately  - Students may be prejudiced that coffee will not be good.  →break the prejudice of the students with an article explaining the merits of coffee. | | | | |
| **References:**  Coffee can help you live longer.(Copyright Sean Banville.19th November, 2015).In Breaking News English. Retrieved January 17, 2019, from https://breakingnewsenglish.com/1511/151119-coffee.pdf  Pros and Cons of Coffee.(Pros&Cons Channel.9th August, 2016).In Youtube. Retrieved January 17, 2019, from https://www.youtube.com/watch?v=SdCpa9TUcLU | | | | |
| **Notes:** | | | | |

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| **Pre-Task:** Warm-up | | | | |
| **Aims:** Students will be interested in today’s topic. | | | **Materials:** Paper cup, Coffee | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 5 | Whole Class | *live longer*  *coffee* | | - Greeting  *Hello, everyone. This is Cindy teacher time. How are you? Are you tired?*  -Warm-up  *Let’s play a game first to get rid of tiredness!*  *It’s a game that the person who keeps the cup for a long time is winner after you put the cup on your head.*  *(MJ out! Luna out! Oh, Zen, you live longer than the others. Good job.)*  *So, what did I just say? Can you find a key phrase in the warm-up?*  *(Write live longer)*  *Does anyone know what I have in my hand? Do you want to smell it?*  *The answer is~? Right. It is coffee.*  *(Write Coffee)*  -CCQ  *Is coffee good for our health?*  *Have you ever heard coffee can help people to live longer?*  *- Introduce*  *So today’s topic is ‘Coffee can help people to live longer.’* |
| **Notes:** | | | | |
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| **Task Preparation:** Pre-activity (Vocabulary) | | | | |
| **Aims:** Students will practice to complete the sentence by putting the words into the blanks. | | | **Materials:** Worksheet#1 | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 5 | Pair | *(guessing)*  *Coffee lovers*  *No* | | - Guiding Questions  *Who’s there good news that coffee helps people live longer for?*  *Is a coffee added ingredients such as cream, sugar and certain types of sweeteners good for people to live longer?*  *Let’s fill in the blanks. I put out some words to fill. You are 3, so I’ll sit here to be your pair. You can finish the text by inferring the words and sharing ideas.*  *Ok, now we are going to check it together. I read it first and you can check while listen.(Read) (Take turn)*  -Error correction  - Check guide questions  *So, who is happy to hear this news?*  *Does all of the coffee such as vanilla-latte, caramel macchiato help people live longer?* |
| **Notes:** After checking the guide questions, hand out the article | | | | |
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| **Task Realization:** Main-activity (Reading Comprehension) | | | | |
| **Aims:** Students will be able to improve their reading skills by doing various worksheets. | | | **Materials:** Worksheet#2, Worksheet#3 | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 10 | Whole Class | *Homework* | | *How can we improve our reading skill? There are many ways, but I have prepared worksheets. This is about comprehension and this is multiple choice quiz.*  *Let’s start. We’ll only do odd numbers on this worksheet.*  *(Solve together)*  *Now look at the other worksheet this time. We’ll only do even number.*  *(Solve together)*  *How can we solve the rest of the things that we haven’t solved?*    *Let’s check the article one more time.*  *What is the benefit of the coffee?*  *Why is it unclear how elements within the coffee bean interact with the body?*  *If you were a regular coffee drinker, how many drinks are you going to have a day?* |
| **Notes:** | | | | |
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| **Post Task:** Post-activity (Discussion) | | | | |
| **Aims:** Students will discuss the merits and demerits of coffee and their opinions. | | | **Materials:** Video | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 5  5 | Whole Class  Pair | *Coffee can help you live longer*  *answer* | | *What are we learning about today? What is today’s topic? Right.*  *But, coffee doesn’t always have its own merit. Let’s look at the video and check it out. You can take notes of the pros and cons while looking.*  *(Watching)*  *What are some good things about coffee? What about the bad things?*  *(Write on the board)*  *Who thinks coffee has more good point? Good, so you can be pair. Now we are going to discuss according to our own opinion.*  *Tell me your opinion first and then explain why you think so.*  *(Discuss)*  - Wrap up  *I think there are pros and cons to everything. Coffee helps people live longer, but taking too much or highly caffeinated drinks seem to have a bad effect. The class is over. See you next time.* |
| **Notes:** | | | | |

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| **SOS Activity** | | | | |
| **Aims:** Students will make their own poster related to their opinion and the topic. | | | **Materials:** Paper, Crayon | |
| **Time** | **Set Up** | **Student** | | **Teacher** |
| 5 | Individual |  | | *We have a little time left, so let’s make a post. You can draw coffee on the poster that contains the strength or weakness of coffee.* |
| **Notes:** If students don’t finish, it will be homework | | | | |

Worksheet#1

There is good news for coffee lovers. A new report **claims** that regular coffee drinkers may live longer than those who do not drink coffee. Researchers say there is **growing** evidence that coffee benefits the health, makes you live longer, and reduces the **risk** of heart disease, type 2 diabetes, other life-threatening illnesses, and even suicide. The study was published by the American Heart Association. It looked at the coffee-drinking **habits** of over 200,000 people who drank between one and five cups of coffee a day. Researcher Dr Frank Hu said: “This study provides further evidence that **moderate consumption** of coffee may confer health benefits in terms of reducing premature death due to several diseases.”

Scientists have been working hard to analyse exactly what is in coffee that **provides** so many benefits to the health. Dozens of reports in the past few decades have **highlighted** the positive effects it can have on the body. Dr Hu said it was still unclear precisely how elements within the coffee bean interact with the body. He said : “Coffee is a **complex** beverage. It’s very difficult to pinpoint which component of coffee is responsible for which benefit.” Researchers did not include **highly** caffeinated drinks in the study. They also **pointed out** that while coffee seems to have health benefits, added ingredients, such as cream, sugar and certain types of sweeteners, do not.

**complex / highlighted / highly / pointed out / provides**

**claims / growing / habits / moderate consumption / risk**

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Worksheet#2

Worksheet#3

Video

Coffee has become a staple of modern life. Millions of people drink coffee every morning but doesn’t have any down signs. Let’s take a look at the pros and cons of drinking coffee.

Coffee can help you focus. Research has shown that drinking talk in the morning tends to allow you to perform better. It likely does this. Because caffeine is a stimulant that energizes you and keeps you sharp. Coffee helps fight depression and lowers risk of suicide. Caffeine will stimulate the central nervous system and boost production of various neurotransmitters like serotonin dopamine and noradrenalin which elevates your mood. You can reduce the risk of suicide by about 50% by drinking two cups of coffee a day. Coffee can help reduce the risk of various diseases. A couple of cups a day can help reduce the risk of cancer Parkinson’s diabetes and Stroke.

Coffee can cause insomnia. Caffeine is a stimulant and especially if you drink a large amount or drink not long before you go to sleep it will tend to make it much more difficult for you sleep. Coffee causes wrinkles even though coffee contains antioxidants if you drink a large amount of it. It can cause wrinkling of the skin. This is the result of dehydration which is terrible for your skin. This can be mitigated by drinking water alongside coffee and by limiting the amount you. Drink total coffee can make you go crazy.

Coffee like most substances is best in moderation consuming. One to three cups of coffee a day should be more than enough to reap any of the benefits that it provides and if you drink substantially more he will only tend to increase the cons of drinking coffee. Let us know what you think in the comments below.