

<ul style="list-style-type: none"> - Ask Ss to close their books, listen and take note. - Play the recording. - Have Ss open their books and correct their answers using their notes (or from memory). - Play the recording again for Ss to check a second time. - Ask Ss to do this activity in pairs. - Have a quick class poll and follow-up discussion. - Divide Ss into groups and have them complete the exercise. 	<ul style="list-style-type: none"> - Individual work - Pair-work - Group-work 	<p>2. Listen to the radio show about health facts or myths and check your answers in 1.</p> <p>3. Discuss the following in groups.</p> <ul style="list-style-type: none"> • Which sentence are you most surprised by? Why? • Do you know any health facts or myths in Viet Nam? <p>4. Work in groups. Think of some ideas about health that are true. Then think of some that are false. <u>Example:</u></p> <ul style="list-style-type: none"> • You can avoid disease by keeping yourself clean. (This is true) • You will turn orange when you eat a lot of oranges. (This is false) 	
<ul style="list-style-type: none"> - Ask Ss to test another group to see how many of your health myths they can spot. 	<ul style="list-style-type: none"> - Group-work 	<p>* Production:</p> <p>5. Test another group to see how many of your health myths they can spot.</p>	
		<p>*Homework:</p> <p>- Prepare next lesson: <i>(Skill 1)</i></p>	

Experiments:

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Week: 05
Period: 14

Date of planning:/...../.....
Date of teaching:/...../.....

UNIT 2: HEALTH

Lesson 5: Skill 1

I. Objectives:

By the end of this lesson, students can read and talk about health problems and advice.

II. Language Focus:


1. *Vocabulary*: the lexical items related to the topic health issues.
2. *Structures*:
 - Imperatives with *more* and *less*
 - Compound sentences

III. Method: Communicative approach

IV. Teaching aids: Course book, CD player.

V. Procedures:

<i>Teacher's Activities</i>	<i>Ss' Activities</i>	<i>Content</i>	<i>Note</i>
<ul style="list-style-type: none"> - Write the word CALORIE on the board. - Translate into Vietnamese if necessary. - Ask Ss brainstorm any words that they associate with CALORIE. - Ask Ss to guess what the reading will be about. - Ask Ss to complete the exercise. - Check and confirm the correct answers. 	<ul style="list-style-type: none"> - Whole class - Guess - Pair-work 	<p>* Presentation:</p> <div style="text-align: center; border: 2px solid orange; border-radius: 50%; width: 150px; margin: 0 auto; padding: 5px;"> <p>CALORIE</p> </div> <p>📖 Reading</p> <p>1. <i>Quickly read the text. Match the correct headings with the paragraphs.</i></p> <p><u>Key:</u></p> <ol style="list-style-type: none"> 1. b 2. a 3. c 	
<ul style="list-style-type: none"> - Put Ss in pairs and have them complete exercise 2. - Encourage Ss to write the meaning of the words as simply as possible and in their own words. - Elicit the meanings of the words from the different groups. 	<ul style="list-style-type: none"> - Pair-work 	<p>* Practice:</p> <p>2. <i>Find the following words/phrases in the text. Discuss the meaning of each word with a partner. Then check the meaning.</i></p> <p><u>Key:</u></p> <ul style="list-style-type: none"> ○ diet (n) – the food that you eat on a daily basis. 	

<p>- Ask Ss to complete the exercise individually. - Correct the answers with the class.</p> <p>- Draw attention to the table and explain that the activities are listed next to the number of calories use in one hour. - Put ss in groups of three and ask them to discuss the questions. - Ask Ss to complete the exercise individually. - Check and confirm the correct answers.</p>	<p>- Individual work</p> <p>- Group-work</p> <p>- Individual work</p>	<ul style="list-style-type: none"> ○ Expert – some who has study a lot about a subject or topic and understand it well. ○ Tip – an advice on how to do something quickly and successfully, usually from one’s own experience. ○ Junk food – usually convenience food like Mc Donald, KFC... ○ Stay in shape – be fit and healthy. <p>3. <i>Now answer the following questions.</i> <u>Key:</u></p> <ol style="list-style-type: none"> 1. A calorie is energy that help us do our everyday activities. 2. If we eat too many calories, we can get fat. 3. To stay healthy you need between 1,600 and 2,500 calories. <p> Speaking</p> <p>4. <i>Look at the table and discuss the following questions.</i> (Page 22)</p> <p>5. <i>Choose two or three activities you like to do. Complete the table about those activities.</i></p> <ul style="list-style-type: none"> ○ Activity ○ Number of hours (per day) ○ Total number of calories. 	
<p>- Ask Ss to share their tables with the class.</p>	<p>- T whole class</p>	<p>* Production:</p> <p>6. <i>Present your table to the class. Try to include the following information.</i> (Page 22)</p> <p>*Homework:</p>	

		- Prepare the next lesson : <i>(Skill 2)</i>	
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Experiments:

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