



# Living a Healthy Lifestyle



1

## Warmer

Put the picture in order from unhealthy to the most unhealthy.



2

## Listening

A fitness expert is giving advice on living a healthy lifestyle. What do you think he will mention? Listen and check.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_





## Discuss

Answer the questions with a partner/teacher

1. What are your top 3 recommendations for living a healthy lifestyle?
2. Can you add any more tips?
3. Which do you do regularly? Which don't you do? Why?

### 3

## Functional Language

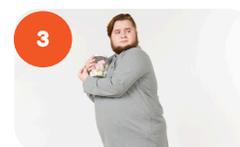
Read the problems of each person. Match the advice to the correct problem.



1  
My stomach always hurts!



2  
I can't sleep more than 3 hours a night.



3  
I want to lose weight but love sweets.



4  
I can barely keep my eyes open during the day.



5  
I work long hours and it's affecting my mood.

You should definitely sleep more.

You had better see the doctor. It might be serious.

You have to work less. You're already 65!

You might want to take sleeping pills or something.

Why don't you eat fruit instead?



What phrases do they use to give advice to each person? Can you add any more phrases?

### Practice

Look at the pictures. Give each person three pieces of advice using the new language.



You should definitely +  
base verb

You had better + base  
verb

You have to + base verb

You might want to + base  
verb

Why don't you + base verb

You should + base verb

You had better + base  
verb



4

**Apply**

Imagine you're a health and fitness expert. Work with a partner and give the following people health advice.



Sarah works from home and spends most of her day sitting. She loves fast food and eats it almost every day. She is obese and often feels very tired, even though she tries to walk for 10 minutes a day. Sarah wants to feel more energetic and lose weight.

Jack often has bad headaches. He only drinks one bottle of water a day and mostly drinks coffee and soda. He sleeps for 10 hours every night but still feels tired. Jack wants to know how he can feel better during the day.



Carlos has been smoking cigarettes for 15 years. He feels short of breath after any physical activity. He doesn't eat fast food or sweets, but he feels like his body is weak. Carlos wants to quit smoking and improve his health.

Lisa works a lot and often has headaches. She sleeps only 3 or 4 hours a night because she's so busy. She does go to the gym three times a week for 45 minutes. However, she drinks 3 energy drinks a day because she feels very tired. Lisa wants to have more energy without drinking so many energy drinks.



Emma drinks and smokes when she's out with friends. She doesn't eat fruits or vegetables and prefers fast food. She only eats once a day because she's afraid of gaining weight. Emma wants to live a healthier lifestyle but doesn't know where to start.



5

**Role-play**

Write down 3 problems that you have. They can be real or imaginary.

**Student A:** Listen to student B's problems. Give them 2 pieces of advice.

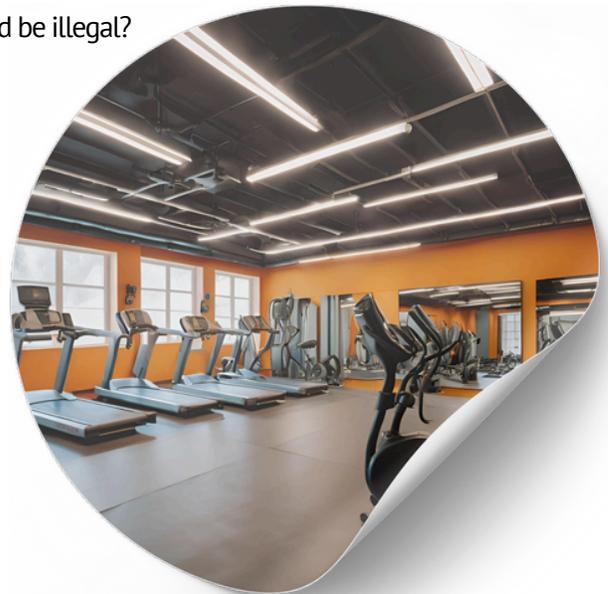
**Student B:** Tell student A your problems. Listen to their advice. Do you agree or disagree with it?

6

**Cooldown**

Answer the questions with your partner.

1. Do you think you're a healthy person?
2. How could you improve your health?
3. Would you prefer to eat fruits or vegetables?
4. Should the government pay for gym memberships?
5. How often do you eat fast food? Should fast food be illegal?





## Text

Hello, everyone! My name is Lisa, and I'm a fitness expert here to share some of the best ways to stay healthy. Being healthy isn't just about looking good—it's about feeling good and having the energy to live your life to the fullest! Let's talk about a few simple habits that can make a big difference.

First, do exercise regularly. You don't need to spend hours in the gym. Even a 30-minute walk, dancing, or a bike ride can improve your mood, strengthen your heart, and keep your body active.

Next, don't smoke. Smoking can harm your lungs, your heart, and many other parts of your body. It's never too late to quit, and your health will improve quickly once you do.

Another tip: drink in moderation. If you drink alcohol, try to limit how much you have. Too much alcohol can hurt your body, especially your liver, and can make you feel tired or stressed.

Now let's talk about food. Eat vegetables every day! They're packed with vitamins, fiber, and all the good stuff your body needs. Also, try to eat less sugar. Too much sugar can give you a quick energy boost, but it will leave you feeling tired later. Choose fresh fruit or nuts instead of candy or cookies.

Get enough sleep—this is so important! Sleep gives your body and brain time to recover and prepare for the next day. Aim for 7 to 9 hours every night.

Finally, stay hydrated! Drink plenty of water throughout the day. It keeps your body working well and helps your skin look great, too.

These habits may seem small, but together, they create a healthy and happy lifestyle.



1

**Warmer**

Tell Ss that by the end of this lesson, they will be able to give advice on how to live a healthy life.

**Answers will vary. Encourage students to explain why they chose their answer.**

2

**Listening**

Let Ss predict what the fitness structure might mention before playing audio. Have Ss check their answers with a partner before discussing it as a class. Review any words Ss may not know.

**1. do exercise 2. don't smoke 3. drink in moderation 4. eat vegetables 5. eat less sugar**

**6. manage stress 7. stay hydrated**

Allow Ss to discuss the questions in the discussion.

3

**Functional Language**

Ss will practice language to give advice and suggestions. Have Ss match the best piece of advice to the problem.

**1. You had better see the doctor. It might be serious. 2. You might want to take sleeping pills or something. 3. Why don't you eat fruit instead? 4. You should definitely sleep more. 5. You have to work less. You're already 65!**

You can tell Ss that these phrases have different degrees. Some are stronger (orders), and others are weaker (suggestions) As a class, brainstorm more ways you can give advice or suggestions. Two additional ways are added in the 'practice' section.

Let Ss practice the language by using the four pictures. When they are finished, elicit answers as a class and write them on the board. Decided who gave the best advice.

4

**Apply**

Ss apply the language by giving several people health advice. Go over any words you think Ss may not know.

If Ss don't understand, demonstrate the task with a strong Ss.

After the activity, elicit 2-3 pieces of advice for each person from the class. (Optional: Vote on the best piece of advice for each person)

5

**Role-play**

Ss role-play by creating their own problems. If Ss don't feel comfortable sharing their problems, encourage them to create imaginary ones. (You can also prepare a few problems yourself just in case.)

Give Ss 2-3 minutes to think of problems before starting.

If time allows, have Ss switch partners and repeat the task.

6

**Cooldown**

Ss discuss questions with a partner.

Review any mistakes you heard during the lesson.

Review the lesson objectives: You can now give advice about health. What's the best thing you can do for your health?