

Welcome to
ESOL online E2/3
Autumn Term 2021

Week 2 – LESSON 2

Welcome! Welcome back!

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Adult Community Learning

Supporting our students

Safeguarding



Your safety and wellbeing is important to us

If you are experiencing bullying, violence or abuse of any kind,
don't keep quiet. We can help.

Talk to your tutor, centre staff or our safeguarding lead:

David Coleman Telephone: 07525 387549

Email: aclsafeguarding@islington.gov.uk

Information Advice and Guidance



IAG one-on-one sessions (by appointment only)

This term we are offering Information Advice and Guidance session online Monday afternoons from 1.00 – 4.00pm and Wednesday mornings from 9.30 – 12.30.

To book an appointment contact Alison Moore 07808879044 or email Alison.Moore@islington.gov.uk

CLASS OBJECTIVES

1. Check homework (write sentences about what you do to be healthy and what you should do to be healthy).
2. Practise using Chat and Reactions in Zoom.
3. Watch a video about illness and listen for information.
4. **HOMEWORK:** Write about how to stay healthy. Use paragraphs and joining words.

Health

WHAT DO YOU DO TO
KEEP HEALTHY
And FIT?



Health

Discussion. Answer the questions:

- 
1. What are the 3 most important rules to keep fit in your view?
 2. What should you do when you have a cold?
 3. How often should you visit the dentist's?
 4. In what cases should you call a doctor?
 5. What should a doctor do to check if you are ill?
 6. What kind of food you should/shouldn't eat to keep fit?

Homework: rewrite your sentences about staying healthy

* Write about 3 things you do to keep fit and healthy.

- ① I like to cook healthy food e.g vegetable soup, seafood
I drink a lot of water everyday.
- ② I do exercise every day I listening to music and dancing
while working my home
- ③ I sleep well for 8 hours everyday.

* What you think are the most important things to keep fit and healthy.

Eat a balanced diet. « healthy foods

Do exercise every day.

Do not take stress.

Sleep well 8 hours a day.

Regular check ups:

~~you get~~

Practise: Write sentences about what you should or shouldn't do to keep healthy

Firstly, I think it's important to....

You should also try to and you shouldn't.....

Also, try to avoid.....

Finally, the most important thing you should do to stay healthy is.....

Health - Match some health words and their meaning

1. allergic

a. not affected by an illness.

2. well

b. having physical power so you can lift heavy weight.

3. strong

c. Have an allergy to something.

4. immune

d. In good health

1. allergic

a. not affected by an illness.

2. well

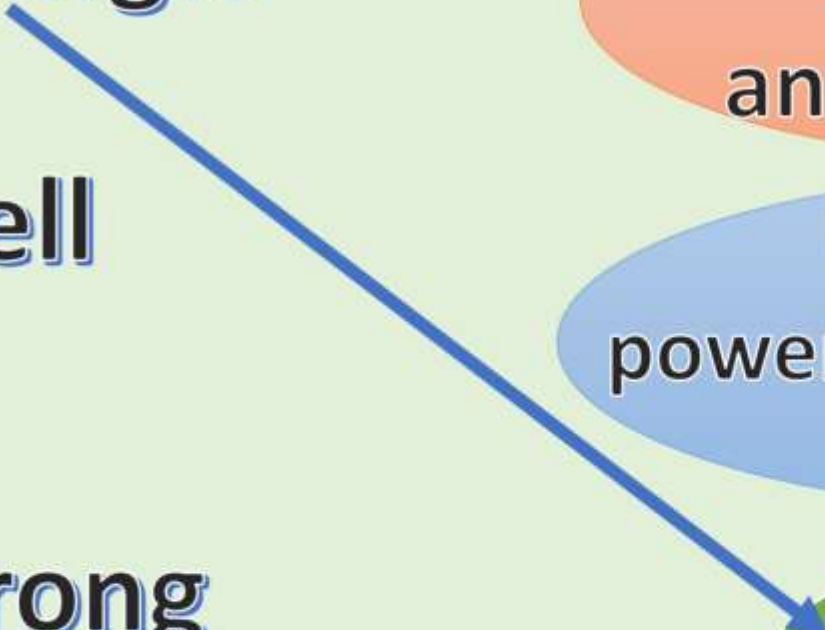
b. having physical power so you can lift heavy weight.

3. strong

c. Have an allergy to something.

4. immune

d. In good health



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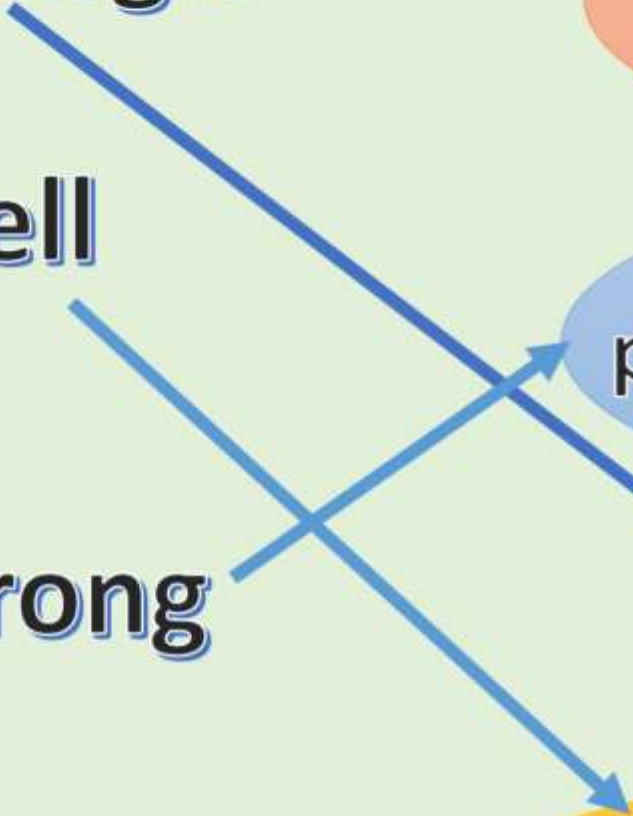
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I've got a cold!

Aaaatchooooo!!



What do you do when you have a cold?



Talking about health- The Common Cold

- **Watch the video of people talking about the Common Cold**
- **Listen out for some of these words:**
 - a) a runny nose
 - b) a cold
 - c) a bath
 - d) a rest
 - e) tea
 - f) medication

Talking about health- The Common Cold

- **Watch the video of people talking about the Common Cold**

<C:\Users\caroline kelly\Downloads\LFLS2-Common-Cold-final-cut.mp4>



VOCABULARY MATCH

- Look at the verb + noun collocations from the video and match the numbers 1–6 with the letters a–f.
- Take a) a runny nose
- Get b) a cold
- Make c) a bath
- Have d) a rest
- Have e) tea
- Have f) medication

VOCABULARY MATCH – Match the adjectives and nouns from the video

- match the numbers 1–5 with the letters a–e.

1) Comfort

a) toddy

2) Runny

b) system

3) Immune

c) bath

4) Hot

d) nose

5) Hot

e) food

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