

Welcome to ESOL online E2/3 Autumn Term 2021

Week 3 – LESSON 1

Health:

**Say what you do to be healthy,
practise some words about illness and the common cold**

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 (re-write sentences about how you stay healthy & fit).
2. Practise words about illness from a video about the common cold.
3. Look at activities on Moodle and plan Zoom meetings for ILPs.

Homework: Health - writing

Re-write your sentences about 3 things you do to be healthy

Health – say what you do to be 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.

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

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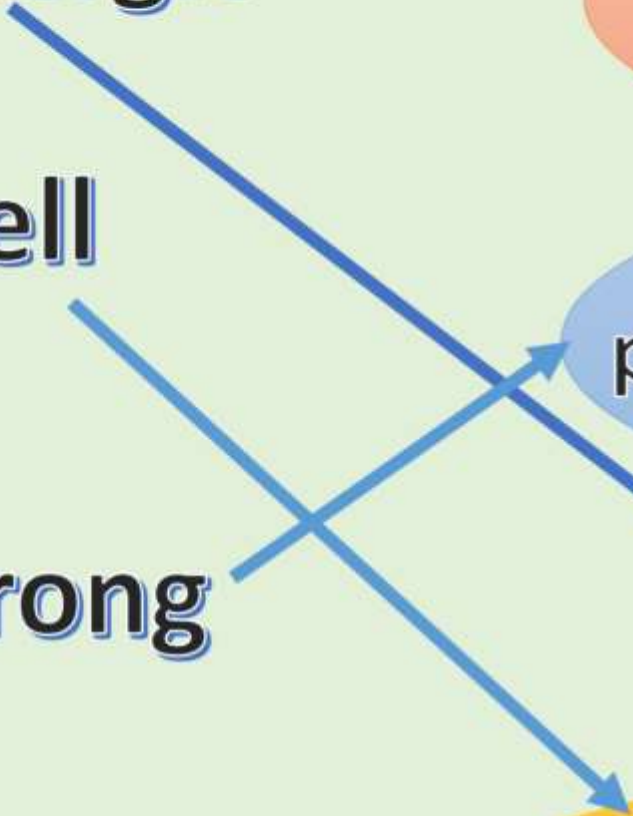
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3. strong

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4. immune

a. not affected by an illness.

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

c. Have an allergy to something.

d. In good health

Health sentences - put words in the spaces.

Use these words:

immune

well

strong

allergic

Health sentences - write and put words in the spaces.

1. If you have a good _____ system you will not catch so many colds.
2. You are _____ if you are not ill.
3. Being _____ means you can lift heavy things.
4. Some people are _____ to nuts.

I've got a cold!

Aaaatchooooo!!



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



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

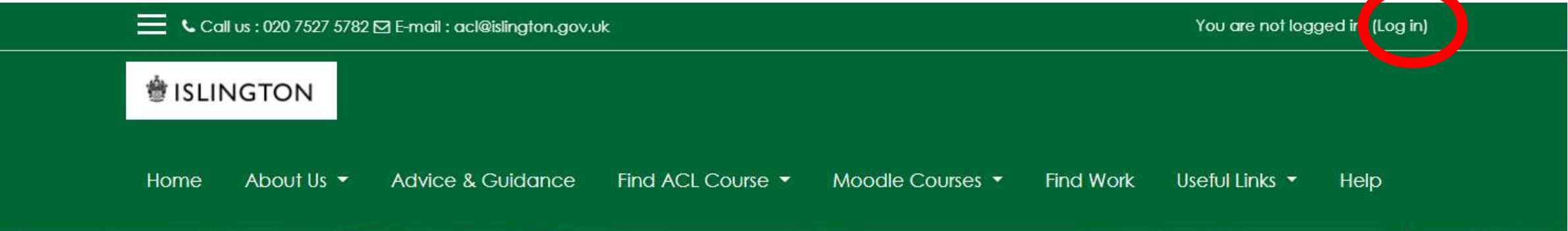
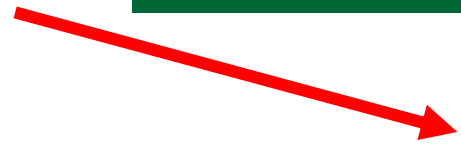
4) Hot

d) nose

5) Hot

e) food

click/press **Log in**




Islington ACL Gateway

Remember username

Log in

[Forgotten your username or password?](#)

Cookies must be enabled in your browser 

Some courses may allow guest access

Log in as a guest

Zoom meetings for ILPs Thursday 1000

Rima 1000-1020

(Mahmuda 1020-1040)

Gulten 1040-1100

YuYing 1100-1120

Semira 1120-1140

Please be ready 5 minutes before your meeting time.

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?