

Welcome to ESOL online E2/3 Autumn Term 2021

Week 2 – LESSON 2

Health:

Say what you do to be healthy, say what you should/shouldn't do to be healthy

Listen for information in a video

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 how you stay healthy & fit).
2. Practise using Chat and Reactions in Zoom.
3. Health: practise saying what you do to be healthy, say what you should or shouldn't do to be fit and healthy.
4. Watch a video and listen for information.
5. Homework: re-write sentences about health.

Health

WHAT DO YOU DO TO
KEEP HEALTHY
And FIT?



Health – say what you do to be healthy.

Use some of these verbs:

do eat drink

go play



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

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?

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

VOCABULARY MATCH

- Look at the verb + noun collocations from the video and match the numbers 1–6 with the letters a–f.

1 Take	a) a runny nose
2 Get	b) a cold
3 Make	c) a bath
4 Have	d) a rest
5 Have	e) tea
6 Have	f) medication

VOCABULARY MATCH

- Look at the verb + noun collocations from the video and match the numbers 1–6 with the letters a–f.

1 Take

2 Get

3 Make

4 Have

5 Have

6 Have

a) a runny nose

b) a cold

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|--------|-----------------|
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| 2 Get | b) a cold |
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| 6 Have | f) medication |
- 

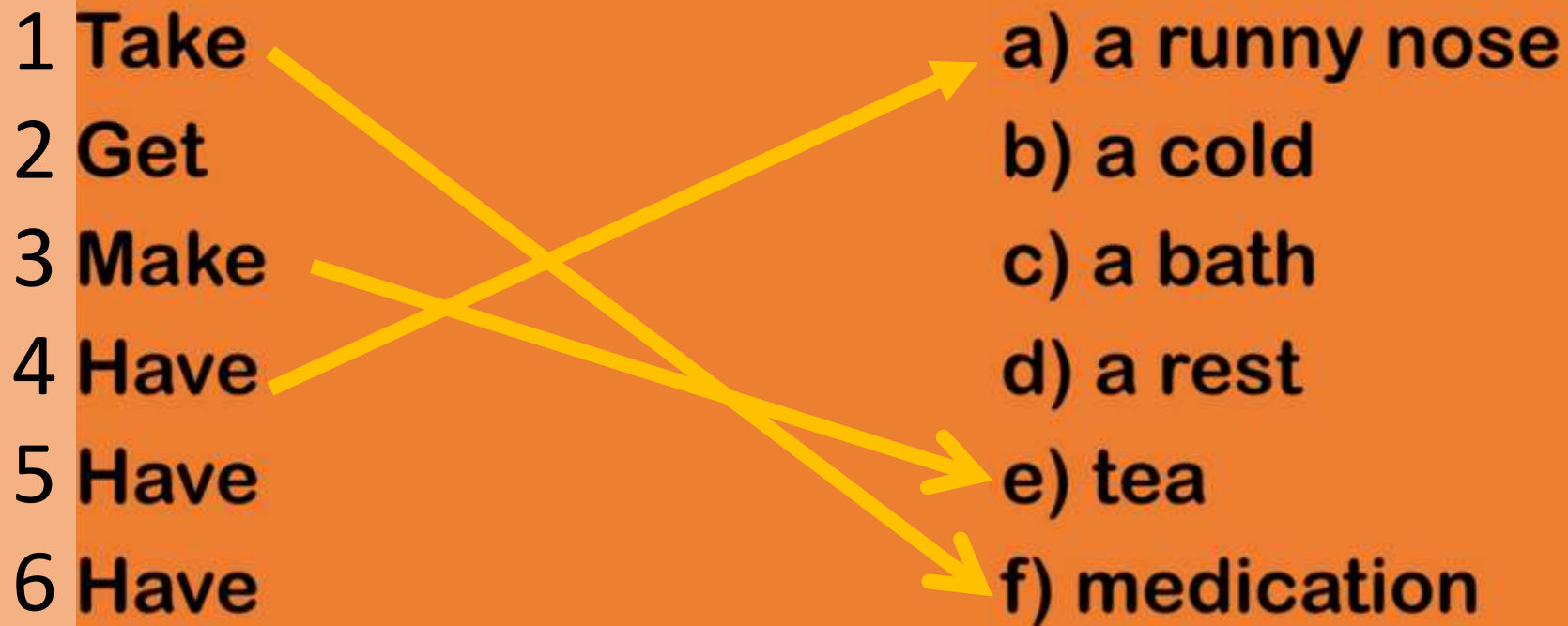
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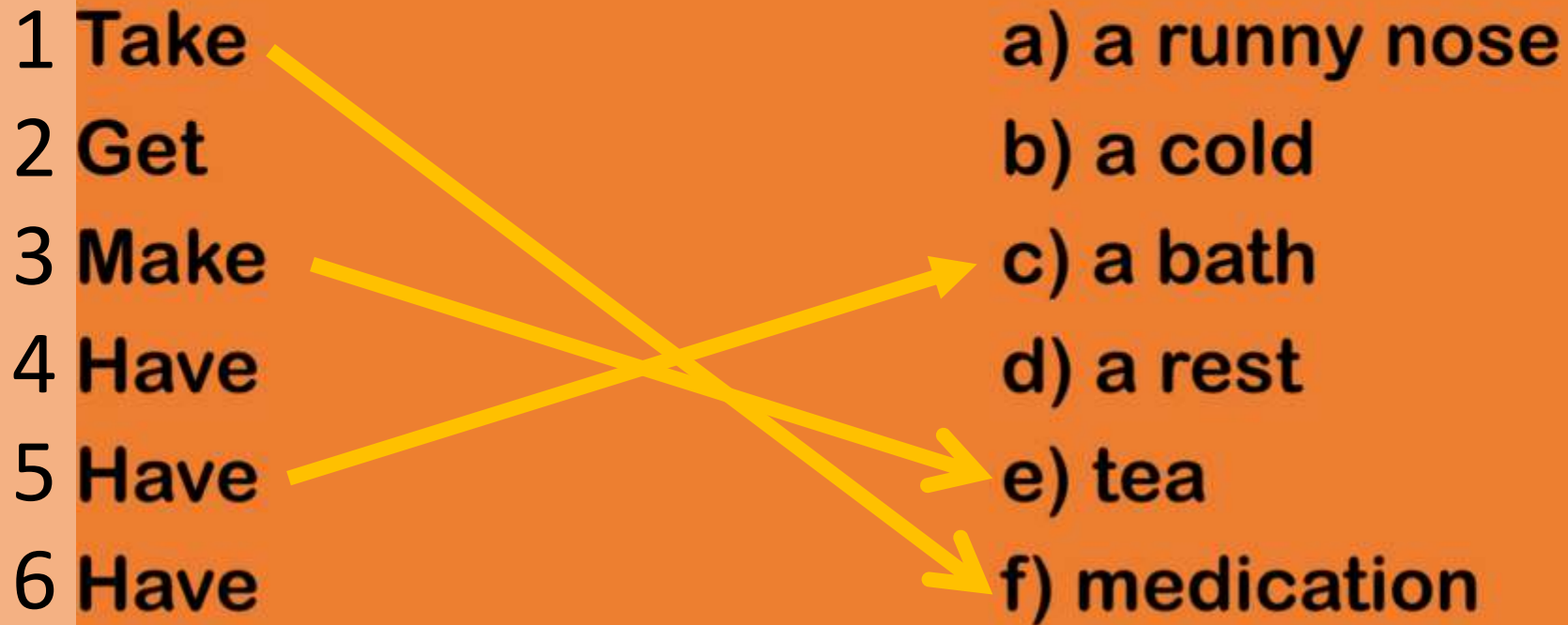
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| 1 Take | a) a runny nose |
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| 4 Have | d) a rest |
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| 6 Have | f) medication |
-
- The image shows a matching exercise. On the left, there are six numbered items: 1 Take, 2 Get, 3 Make, 4 Have, 5 Have, and 6 Have. On the right, there are six lettered items: a) a runny nose, b) a cold, c) a bath, d) a rest, e) tea, and f) medication. Yellow arrows indicate the following matches: 1 Take to f) medication, 2 Get to b) a cold, 3 Make to d) a rest, 4 Have to e) tea, 5 Have to c) a bath, and 6 Have to a) a runny nose.

Vocabulary match

- 1. take medication (British English – medicine)**
- 2. get a cold (also 'catch a cold', have a cold)**
- 3. make tea**
- 4. have a runny nose**
- 5. have a bath**
- 6. have a rest**

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

VOCABULARY MATCH – Match the adjectives and nouns from the video

- 1.comfort food
- 2.runny nose
- 3.immune system
- 4.hot bath
- 5.hot toddy

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Homework: Health - writing

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

NEXT TIME – What do you think are the most important things to stay fit and healthy?

Write sentences to say what you should or shouldn't do to be healthy?