

Welcome to ESOL online E2/3 Autumn Term 2021

Week 3 – LESSON 1

Welcome! Welcome back!

Welcome! Welcome back!

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 what you do to be healthy and what you should do to be healthy).
2. Practise words about illness from a video about the common cold.
3. Look at activities on Moodle and plan Zoom meetings for ILPs.

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 every day.

* 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~~ got

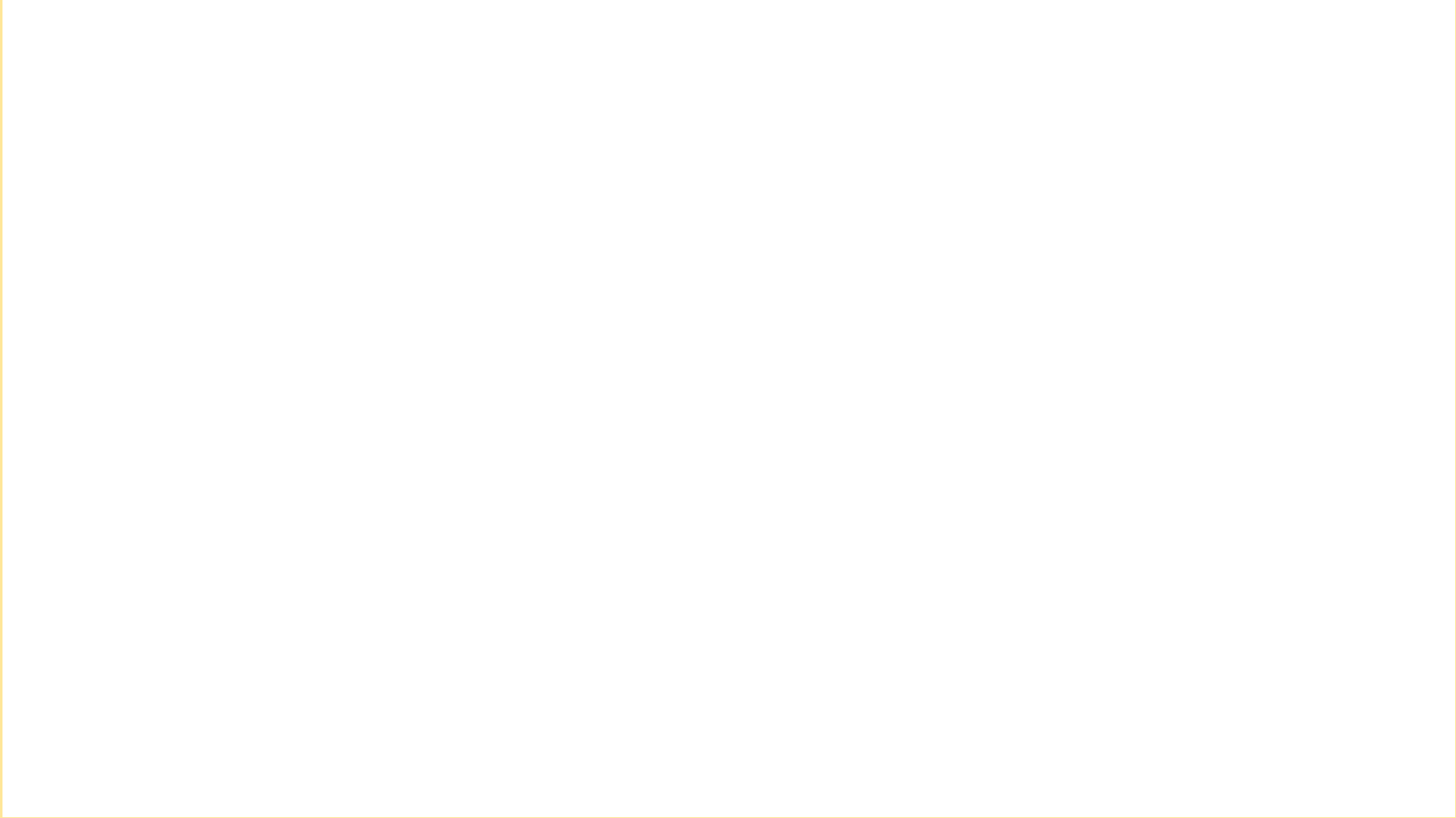
I've got a cold!

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

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.

click/press **Log in**

You are not logged in (Log in)

☰ Call us : 020 7527 5782 ✉ E-mail : acl@islington.gov.uk

You are not logged in (Log in)

 ISLINGTON

[Home](#) [About Us ▾](#) [Advice & Guidance](#) [Find ACL Course ▾](#) [Moodle Courses ▾](#) [Find Work](#) [Useful Links ▾](#) [Help](#)




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

CLASS OBJECTIVES

1. Check homework (re-write sentences about what you do to be healthy and what you should do to be healthy).
2. Practise words about illness from a video about the common cold.
3. Look at activities on Moodle and plan Zoom meetings for ILPs.

Talking about you

Ask and answer questions with a partner.

- What's your first name?
- What's your surname?
- How do you spell your surname?
- Where are you from?
- What's your phone number?
- What's your email address?
- Are you married? **Yes, I am./ No, I am not.**

Yes, I am. NOT ~~Yes, I'm.~~

