

Welcome to ESOL online E2/3 Autumn Term 2021

Week 5 – LESSON 1

Talk about exams

Health: listening ,use a/an some/any

Talk about Mental Health

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 (check Moodle, SfL E2 E3 diagnostic and Reading E3 paper).
2. Practice using **a/an some/any** to talk about food and drink.
3. Talk about mental health, say how you are, how to stay well and what you do to reduce stress.

a, an or some

Listen



Listen

English File Unit 9A)

+ We need	an apple	some butter
	some apples	
- We don't need	a tomato	any rice
-	any tomatoes	
? Do we need	an orange?	any sugar?
	any oranges?	

Listen to a couple talking about what food they need to buy. Write their shopping list.

English File Unit 9a track 9.3

Listen to a couple talking about what food they need to buy. Write their shopping list -answers

some coffee

(some) milk

(some) juice

a pineapple

(1 pineapple)

some oranges

some bananas

onions

potatoes

tomatoes

a bottle of wine

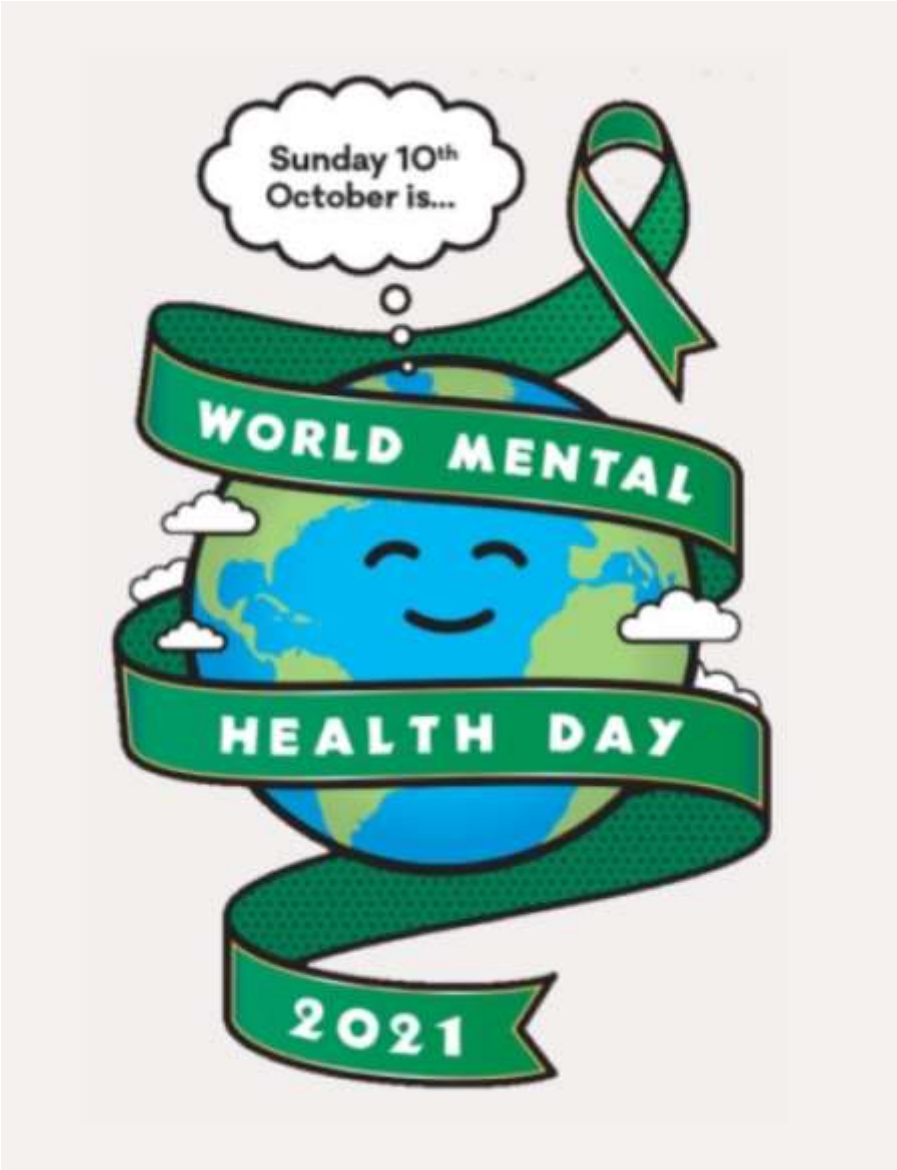
a lettuce

Complete the conversation –

- A. What can we cook for your brother and his girlfriend?
- B. Let's make ___ pizza.
- A. Good idea. Are there _____ tomatoes?
- B. Yes. And there are _____ mushrooms too.
- A. Great!
- B. Oh no! There isn't _____ cheese!
- A. Oh. Wait a minute. I bought _____ steak yesterday. Are there _____ potatoes?
- B. Yes. There are.
- A. Good. So we can have steak and chips. Do we have ___ fruit?
- B. I think we have _____ oranges. Yes, and there's ___ apple and _____ bananas too.
- A. Ok You can make _____ fruit salad for dessert.
- B. OK. Let's start cooking.

Now read the conversation aloud

- A. What can we cook for your brother and his girlfriend?
- B. Let's make a pizza.
- A. Good idea. Are there any tomatoes?
- B. Yes. And there are some mushrooms too.
- A. Great!
- B. Oh no! There isn't any cheese!
- A. Oh. Wait a minute. I bought some steak yesterday. Are there any potatoes?
- B. Yes. There are.
- A. Good. So we can have steak and chips. Do we have any fruit?
- B. I think we have some oranges. Yes, and there's an apple and some bananas too.
- A. Ok You can make a fruit salad for dessert.
- B. OK. Let's start cooking.



What is mental health?

What do you do when you feel stressed?

Watch a video with 8 tips to help you relax and for your mental health:

<https://youtu.be/cyEdZ23Cp1E>

Things we do to relax when we feel stressed:

- Go for a walk in the park
- Go outside
- Listen to music
- Knitting
- Sing
- Dance
- Yoga
- Meditation

- Eat
- Go to a restaurant and eat cake and ice cream
- Focus on good goals
- Breathe deeply
- Play with my children
- Exercise
- talk to a friend
- talk to my family

