# 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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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	<b>a</b> 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

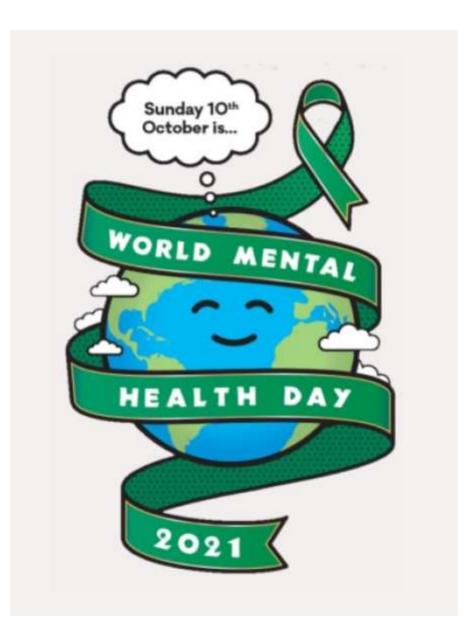
a pineapple (1 pineapple) some oranges some bananas onions potatoes tomatoes a bottle of wine a lettuce

### 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?

What is important to help you stay healthy in mind and body?

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