

TOP TIPS FOR A HEALTHY HEART

In **30 seconds**, answer the following questions:

- How often do you eat fish?
- Do you worry about having heart problems?



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Lesson Objectives

Topic: Top tips for a healthy heart

By the end of this lesson, you will be able to:

- Remember at least 6 related words
- Create simple sentences about the topic
- Have a conversation about the topic
- Avoid some common grammar and pronunciation mistakes



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Let's start!

Answer the following questions in **60** seconds.

Do you think you have a healthy or an unhealthy lifestyle? Why?



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Vocabulary

**Pair Work: Student A reads a definition from column A.
Student B matches it with a word from column B, and makes a sentence.**

A

- a. a white substance that is added to food to give it a better flavor or to preserve it. It is obtained from mines and is also found in sea water.
- b. a sudden serious medical condition in which the heart stops working normally, sometimes causing death
- c. too heavy and fat
- d. a chemical element. It is a gas that is present in air and water and is necessary for people, animals and plants to live
- e. the movement or sound of the heart as it sends blood around the body
- f. the red liquid that flows through the bodies of humans and animals

B

1. **Heart attack (n)** /hɑ:t ə'tæk/
2. **Salt (n)** /sɔ:lt/
3. **Overweight (adj)** /,əʊvə'weɪt/
4. **Heartbeat (n)** /'hɑ:tbi:t/
5. **Oxygen (n)** /'ɒksɪdʒən/
6. **Blood (n)** /blʌd/

Example: He suffers a **heart attack**.



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Grammar

**Imperatives:
V+ O+...!
Don't + V+ O...!**

Make a sentence with the given structure



A lot of salt



Alcohol



Fried food



A lot of fruit and vegetables



Exercise



Soya milk

Example: Stop smoking!



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Heart disease kills a lot of people all over the world. One adult dies every three minutes from heart disease and it's more common in men than women. However, there are many things you can do to help your heart stay healthy.

Pair work: Discuss some tips for a healthy heart with your partner in 180 seconds.



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Common mistakes

Mistake Correction		 	 
Grammar			
Incorrect	Støps smoking!		
Correct	<u>Stop</u> smoking!		
Pronunciation			
Confusing word pairs	<ul style="list-style-type: none"> • blood (n): Correct /blʌd/ vs Incorrect /blu:d/		
Sentence practice	He lost a lot of blood in the accident.		
Others			



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Assessments

Here are some comments on your performance

Students	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any question!



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- Words related to heart problems
- **V+ O+...!**
- **Don't + V+ O...!**
- Have discussions about tips for a healthy heart



Please do your homework in the downloadable outline from the website!



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Homework

Complete your mission and find more in related lessons.

Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Search for related lessons in course browser
- ✓ Take those lessons

Recommendation

- ✓ Health & hygiene- present tense verbs (#0022)
- ✓ Body and health in simple past tense (#0074)
- ✓ Body and health vocabulary (#0073)



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