

How do you stay healthy?



VOCABULARY BUILDING

Healthy and Unhealthy Actions

1

3-1 **TARGET WORDS**

Listen. Point to the pictures.

THINGS THAT ARE GOOD FOR YOU



eat fruit and vegetables



laugh



meditate



apologize



forgive

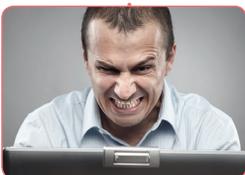


exercise



relax

THINGS THAT ARE BAD FOR YOU



get angry too often



smoke



drink alcohol



worry too much



work too hard



eat unhealthy foods



sit too long

2

CONNECT

Listen again. Say the words.

EXTRA

PARTNER CONVERSATION

Practice with a partner. Say the words. Partner, touch the pictures quickly.



MyMobileWorld

Extra learning activities at

pearsonelt.com/englishfirsthand



1

3-2 - 3-5

LISTENING FOR GENERAL UNDERSTANDING: HEALTH TOPICS

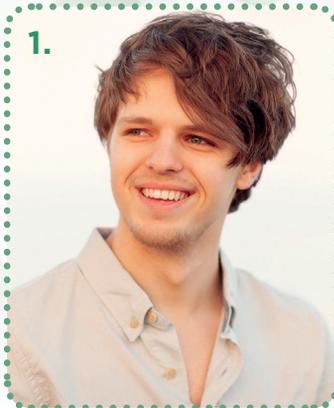
Listen. Match the people to their ideas. There is 1 extra idea.

3-2

3-3

3-4

3-5



Sem
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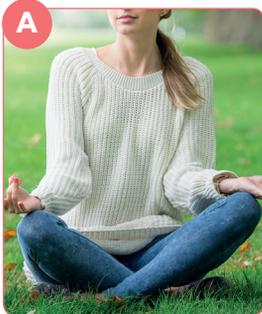
Rosa



Anthony



Yuri



learn to relax



exercise



laugh



eat well



walk

2

LISTENING FOR SPECIFIC INFORMATION: ADVICE

Listen again. Circle (O) the good things they talk about. Cross out (X) the bad things. There are extras.

- eat meat eat cookies eat vegetables eat fruits
- ride the bus laugh eat well walk
- relax exercise get angry worry
- be serious exercise laugh get angry

3

3-6

ABOUT YOU

Listen. First write the questions. Then answer the questions about yourself.

- Do you _____? Which _____?
- Which _____ you do? _____.
- Which things would you _____?
- What else do you do _____?

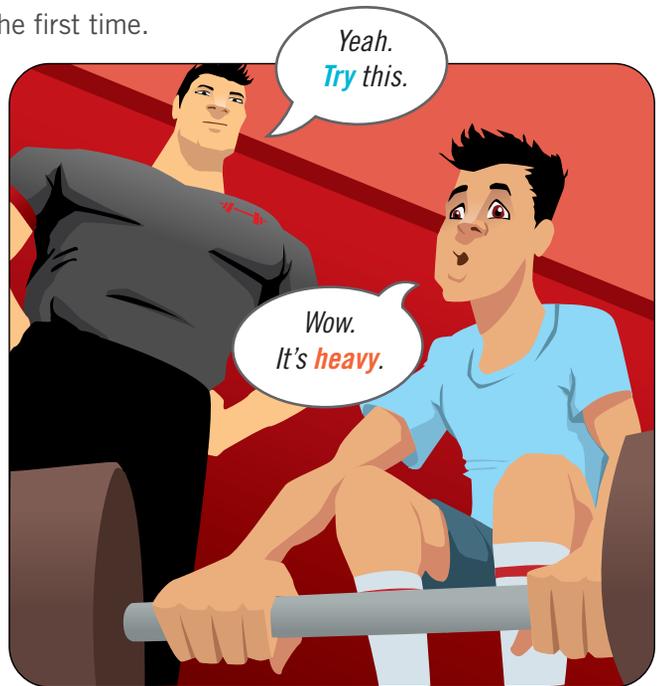
Ask your partner the questions.



1

3-7

SET UP Listen. A man is at the gym for the first time.

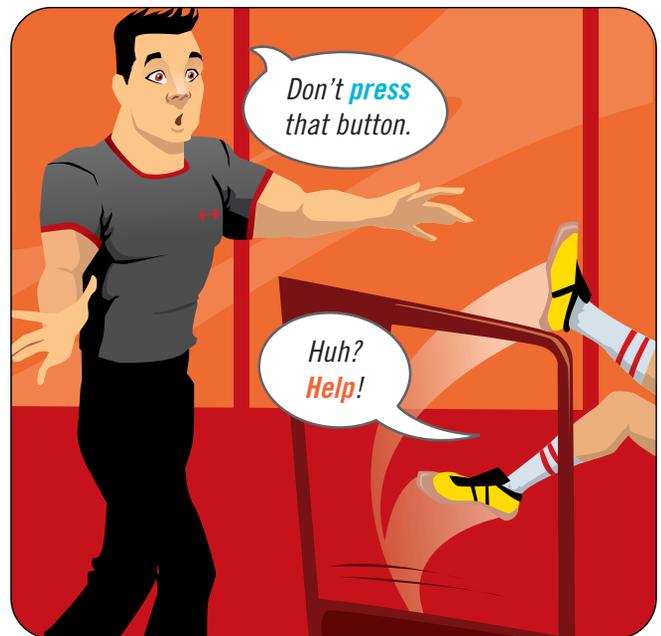


- Lift
- Do

- hard
- difficult



- Try



- touch

- Ahhh
- Oops

2

PRACTICE

Practice the conversation with a partner.
Use the blue and orange words.

EXTRA

2-MINUTE CONVERSATION TASK

- Close your book.
- Make your own conversation.
- Use your own ideas.

CONVERSATION MODEL

Giving instructions



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1 **PREPARE**

Grammar Target → Imperatives for advice

Practice the grammar for the **Communicate** activity. Write the missing words. Then listen to check.

T_ _ _ me how to be happy.	▶ R_ _ _ _ _ _ good things in your life.
That's good advice.	▶ M_ _ _ a list of those good things.
Great idea!	▶ R_ _ _ that list every night.

How do you spell that?

2 **COMMUNICATE**

• **THINK TIME**

Positive psychology is the study of happy people. Read the **PINK** sentences to yourself.

- 1 Remember good things in your life.
So many nice things happen. Remember them.
- 2 Do kind things.
Kindness really does make you happy.
- 3 Say " _____ " to people who help you.
So many people help you. Tell them.
- 4 Take time for your friends and family.
These are the most important people in your life. Let them know.
- 5 _____ people who _____.
Forgive. If you don't, you carry the problem.
- 6 Take care of your health.
A healthy body gives you a happy mind.
- 7 Notice good things when _____.
Think about good events as they take place.
- 8 Learn to work with your problems and stress.
Everyone has problems. Find ways to get past them.

MAKE A LIST EVERY WEEK:

This week's goals:

Say _____

To who? For what?

What will you do?

Who? For what?

Eat healthy food. What else?

3 good things in your life right now:

* _____

* _____

* _____

Try _____

• **TALK TO B**

Read the **PINK** sentences to **B**. **B** will write them. Then **B** will read the **GREEN** sentences. Listen to **B**. Write the missing words.

• Next, with **B**, think of some "happiness goals." Write them in the **YELLOW** box.

• **OUTCOME**

Do you and **B** have the same happiness goals? Which ones?

EXTRA

CHALLENGE

Close your book. Can you remember all 8 habits? Which will you do first?



1

3-8

PREPARE

Grammar Target → Imperatives for advice

Practice the grammar for the **Communicate** activity. Write the missing words. Then listen to check.

T___ me how to be happy.	▶ R_____ good things in your life.
That's good advice.	▶ M___ a list of those good things.
Great idea!	▶ R___ that list every night.

2

COMMUNICATE

• THINK TIME

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How do you spell that?

1 Remember good things in your life.
So many nice things happen. Remember them.

2 Do kind things.
Kindness really does make you happy.

3 Say "Thank you" to people who help you.
So many people help you. Tell them.

4 Take time for your _____.
These are the most important people in your life. Let them know.

5 Forgive people who make you feel bad.
Forgive. If you don't, you carry the problem.

6 Take care of your _____.
A healthy body gives you a happy mind.

7 Notice good things when they happen.
Think about good events as they take place.

8 Learn to work with your _____.
Everyone has problems. Find ways to get past them.

MAKE A LIST EVERY WEEK:

This week's goals:

Say _____

To who? For what?

What will you do?

Who? For what?

Eat healthy food. What else?

3 good things in your life right now:

* _____

* _____

* _____

Try _____

• TALK TO A

Read the **GREEN** sentences to A. A will write them. Then A will read the **PINK** sentences. Listen to A. Write the missing words.

• Next, with A, think of some "happiness goals." Write them in the **YELLOW** box.

• OUTCOME

Do you and A have the same happiness goals? Which ones?

EXTRA

CHALLENGE

Close your book. Can you remember all 8 habits? Which will you do first?



1 GRAMMAR MODEL → Imperatives for advice

Situation	Positive imperative	Negative imperative
	base verb	don't + base verb
I always feel tired.	(You) Exercise every day.	(You) Don't eat junk food.
I always feel sad.	Take time to enjoy life.	Don't stay angry.

2 GRAMMAR CHECK: GIVING ADVICE ON HEALTH AND HAPPINESS (7 points)

Unscramble the sentences. Use the chart above.

- angry don't stay _____ *Don't stay angry*
- kind things do _____
- your of take body care _____
- foods eat healthy _____
- fatty eat don't foods _____
- always don't bus take the _____
- family time spend your with _____
- things your good in remember life the _____

3 VOCABULARY CHECK: GOOD AND BAD HEALTH (8 points)

Write the words in the correct lists.

~~apologize~~ meditate exercise smoke eat fruit be angry eat unhealthy foods laugh relax

GOOD FOR HEALTH	BAD FOR HEALTH
<i>apologize</i>	

YOUR SCORE: /15

EXTRA PARTNER CONVERSATION
What are 3 more ways to be healthy and happy?
Tell your partner.



1

PRONUNCIATION MODEL: USE STRESS TO SHOW EMOTION

Listen. Repeat silently. Notice the stress. Then repeat out loud.

Here are my **three** ideas for a **healthy** life.
 Eat **fruit** and **vegetables** **every** day. **Try** to **exercise** **every** day. **Don't** smoke.
 Here are my **three** ideas for a **happy** life.
 Find **one** good friend. **Notice** good things. Enjoy eating **chocolate**!

2

PREPARE

THINK TIME What are your ideas for a healthy life? Write 3 ideas.

1. _____
2. _____
3. _____

What are your ideas for a happy life? Write 3 ideas.

1. _____
2. _____
3. _____



3

COMMUNICATE

Stand up. Make 2 lines.

- Face your partner. Talk about your health and happiness ideas.
- Partner, *shadow* your partner (repeat the key words).
Ask **wh**- questions: **when, what, why, who, where, how.**
- Your teacher will check the time.

Round 1: 120 seconds.

Round 2: 90 seconds.

Round 3: 75 seconds.

Change partners in lines like this:



Excuse me?

IDEA BOX

- * drink soy milk
- * take vitamins
- * walk 2 kilometers a day
- * get a massage
- * take a hot bath
- * sing in the bath
- * be kind to everyone
- * watch comedies
- * don't watch the news
- * smile

HOW DID I DO?

- My speech got better each time.
- I asked many **wh**- questions.
- I was successful in talking about health and happiness.

1	2	3	4		
1	2	3	4		
1	2	3	4		

Fill out the Group Work chart on page 108.

EXTRA

FINISHED?

- **Once More**
Keep going. Change partners.
Keep talking.



1 HAPPY

Read about Christoffer, Nina, and Ananda. Complete the sentences. Use the words from the box. There are 2 extra.

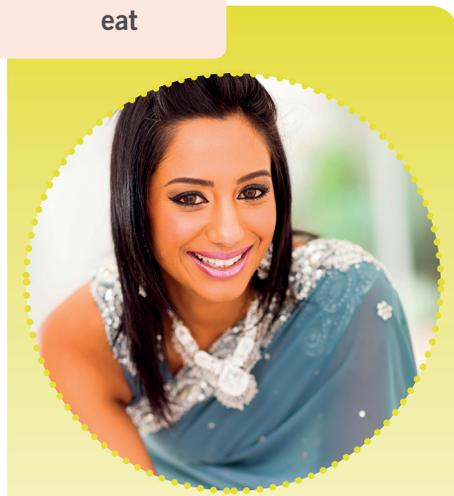
worry always	other advice	relax double	happy idea	spend eat
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This is Christoffer from Sweden. What's my 1 advice for being happy? Live for today. I don't 2 _____ about the future. I 3 _____ do what I want to do.



This is Nina from the Philippines. My advice for happiness? Make money! I will make a lot of money. I will not 4 _____ too much. Then I can 5 _____ and be happy for the rest of my life.



This is Ananda from India. Here's my idea for a 6 _____ life. Make other people happy. When I make 7 _____ people happy, I feel happy too. Shared happiness is 8 _____ happiness!

3-10 Listen and check your answers.

2 THINK ABOUT THE STORY

Answer the questions about the story.

- Does Nina agree with the happiness ideas in the Pair Work (pages 31–32)? _____
- A Hindu proverb says, "Today is. Tomorrow is not." Who would agree? _____
- Which of these ideas do you agree with the most? Why? _____

3 YOUR STORY

What are your ideas or advice for a happy and healthy life? Think about it. Write about it. Present your ideas.

PRESENTATION MODEL
How to present your ideas



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EXTRA

Try the *Extra Listening for Unit 3, page 115.*