

# 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



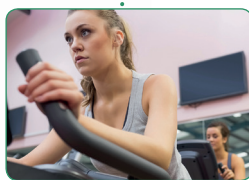
meditate



apologize



forgive

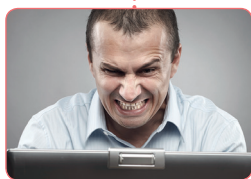


exercise



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](http://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

D



Rosa



Anthony



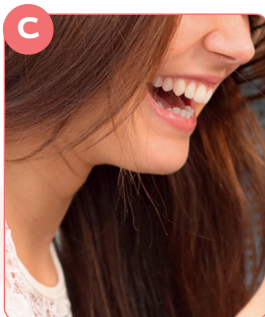
Yuri



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.

1. eat meat    eat cookies    eat vegetables    eat fruits

2. ride the bus    laugh    eat well    walk

3. relax    exercise    get angry    worry

4. be serious    exercise    laugh    get angry

3

3-6

**ABOUT YOU**

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

1. Do you \_\_\_\_\_? Which \_\_\_\_\_?

2. Which \_\_\_\_\_ you do? \_\_\_\_\_.

3. Which things would you \_\_\_\_\_?

4. What else do you do \_\_\_\_\_?

Ask your partner the questions.

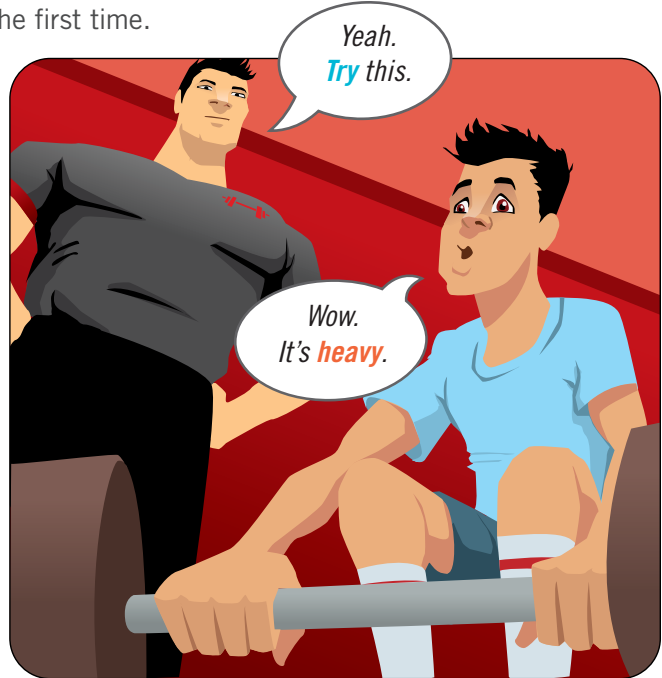




1

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.

That's good advice.

Great idea!

R \_ \_ \_ \_ \_ good things in your life.

M \_ \_ \_ a list of those good things.

R \_ \_ \_ that list every night.

2

## COMMUNICATE

### • THINK TIME

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

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 " \_ \_ \_ \_ \_ " 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.*

### • 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?

### 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 \_\_\_\_\_

\_\_\_\_\_

EXTRA

### CHALLENGE

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





1



3-8

## PREPARE

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Great idea!

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How do you spell that?

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*So many nice things happen. Remember them.*

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*Kindness really does make you happy.*

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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.*

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*A healthy body gives you a happy mind.*

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Learn to work with your \_\_\_\_\_.

*Everyone has problems. Find ways to get past them.*

### MAKE A LIST EVERY WEEK:

This week's goals:

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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) <b>Exercise</b> every day.	(You) <b>Don't eat</b> junk food.
I always feel sad.	<b>Take</b> time to enjoy life.	<b>Don't stay</b> 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.

<del>apologize</del> meditate exercise smoke eat fruit be angry eat unhealthy foods laugh relax	
<b>GOOD FOR HEALTH</b> apologize	<b>BAD FOR HEALTH</b>

YOUR  
SCORE:

/15

EXTRA

#### PARTNER CONVERSATION

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



1

3-9

### 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.

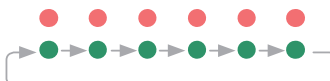
- Face your partner. Talk about your health and happiness ideas.
- Partner, *shadow* your partner (repeat the key words).  
Ask **wh**- questions: **when, what, why, who, where, how.**
- Your teacher will check the time.

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


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.*