

ESAL 0450

July 15, 2020





Objectives

- ❖ Practicing discussing & summarizing language
 - ❖ Practicing listening skills



Class Outline

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1. Warm-up: video
2. Grammar review
3. Discussion
4. Presentations (summarizing)
5. Exit activity





Warm-Up

1. What health issue is the video about?
2. What is one way stress impacts our health?
3. What is one way to reduce stress?
4. Summarize the video in one sentence with the summarizing language.

Grammar Review: 3rd Person Singular

- I **like**
- You **like**
- We **like**
- They **like**
- He/She/It ____



- He **eats** healthy food.
- She **runs** every day.
- He **takes** vitamins.
- It **needs** water.
- She **feels** sick.

Discussion

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1. Do you think you are living a healthy life? Give examples.
2. What are some things that cause your stress?
3. How do you deal with stress usually?
4. Some young people care very much about their health and live their lives like elders (going to bed early, eating healthy, avoiding injuries, etc.). Do you think it's good? Why?
5. Would you give up the food you like to keep healthy? Why?

Presentation

- Summarize your partner's opinions in 3 minutes
- Use summarizing phrases
- Answer the questions in shared notes





Exit Activity

Share one thing you do to keep healthy

