



UNIT 7: HEALTH AND ENVIRONMENT(santé et environnement)

Lesson 3: Water and health (l'eau et la santé)

Learning context: During the international day of health, the students in 5^{e1} at College Moderne Dimbokro are reading an article on the importance of water in the world in the New York post magazine to get some information for their next speech at the English club meeting.

LESSON CONTENT		
VOCABULARY	LANGUAGE FUNCTION	STRUCTURE
Water from the tap – water from the well- water from the river- polluted water- to filter- to save water – to waste water Health- to feel well – to feel worse- to recover from- medicine- sick	Giving advice	Must / mustn't Ex: We must drink water from the tap.
	Expressing one's opinion	Ex: For me , we should see a doctor to take medicine.

SESSION 1

Vocabulary: Words and expressions related to water. (Mots et expressions relatifs à l'eau)



Water from the tap



water from the well



Water from the river



Polluted water

- **To filter:** you should **filter** water from the river before drinking.
- **To infect**= to contaminate
- **To save water# to waste water:** To use water correctly.

Language function: giving advice

We **must** drink clean water to prevent sickness.

We **mustn't** waste water.

Subject + **must/mustn't** + verb+ object

Practice

Activity 1

Complete the sentences with the words or expressions from the list. Number 1 is an example.

save - polluted water - waste - river - tap - well

1. Water from the**tap**....is clean water. We can drink it to prevent illness.
2. Dirty water is..... Do not drink it!
3. Water from the.....is interesting but we should filter it before drinking.
4. Many people were drinking water from theat the village. Today they drink water from the tap.
5. It is not good to.....water. Please,water to protect our planet.

Activity 2

Use the words or expressions in parentheses to give advice. Use **must** or **mustn't**. Number 1 is an example.

1. **We mustn't waste water.** (we / waste water)

2.(people / drink dirty water)
3.(students / waste water at school)
4.(we / save water for the future generation)
5.(children / parents protect against diseases)
6.(we / drink polluted water to be sick)

Activity 3: must or mustn't?

- a- You always drink clean water.
- b- Children swim in polluted waters.
- c- Villagersboil water from the well before drinking.
- d- At the smallest sign of diarrhea, we.....go to the hospital.
- e- Welet the water run after usage.

SESSION 2

Vocabulary: Words and expressions related to health. (mots et expressions relatifs à la santé.)

- **To be healthy:** to have a good health
- **To be sick / ill # to be healthy:** if you are not healthy, you are **sick or ill.**
- **To suffer from:** I'm **suffering from a** headache.
- **To feel worse:** when I suffer from a headache I **feel worse.**
- **Medicine / tablet / pill = medicament**
- **To recover from:** if I take medicine, I will **recover from** headache.
- **To feel better= to feel well:** if you are sick and you take medicine, you will **feel better.**

Language function: Expressing one's opinion

For me, we should see a doctor to take medicine.

I think it is important to practice sports to be healthy.

Practice

Activity 1

This paragraph is about Yao's story. Complete it with the words from the list to make it meaningful. Number 1 is an example

healthy - sick - suffering from - recover - medicine - must

Yao is 1.... **sick**..... He is going to hospital with his parents to see the doctor. He is 2.....malaria. He must take some 3..... The doctor said if he takes them correctly, he will 4.....from this disease. He is going to bed early to feel 5.....tomorrow. The doctor also says he 6.....stay at home for some days to feel better.

Activity 2: Make good sentences to express opinion with: *I think* or *for me*

.....he is suffering from tuberculosis.

..... he will recover very soon.

.....you must take that medicine

.....the patient is seriously sick.

.....you mustn't drink the water from the well.

SESSION 3

Communication task

You are participating in a competition at the American embassy. You receive a text which talks about water. Read it and do the activities that follow.

WHY IS WATER IMPORTANT FOR HEALTH?

It's common to hear that water is essential for our health. But why? This substance makes up a majority of our body and is included in

many functions such as regulating body temperature and helping our brain function.

We get most of our water from drinking but food also contributes a small amount to our daily water. Our body loses water through sweat during physical activity and in hot environments. Sweat keeps our body cool. It regulates body temperature when we're exercising or in warm temperatures.

To sum up we think that our body uses water to sweat, urinate, and have bowel movements. We also need enough water in our system to be healthy and avoid constipation.

Extracted from <https://www.healthline.com/health/food-nutrition/why-is-water-important#mood>

Activity 1

Read the statements. Write (T) if they are true or (F) if they are false.

1. Water is dangerous for our health ..F..
2. Water stops our body temperature.....
3. We get our water from drinking and food.....
4. Our body keeps water through physical activity and in hot temperatures.....
5. We need water to be healthy.....
6. Water is good to prevent constipation.....
7. We use water not to sweat and urinate.....

Activity 2

Read the text again and in ACIVITY 1 write the correct sentences in lieu of the false ones.

1/ Water is essential for our health.