



Level: 5^{ème}

Skill: Listening

Unit 6: FOOD AND DRINKS

LESSON 2: YOUR DIET AND YOUR HEALTH

SESSION 1

Source: Learn it, do it 5^e

Learning context: During a meeting of the English club of Collège Moderne of Tanda, the students are listening to an American dietitian's advice so that they care about their diet to stay healthy.

Lesson content

VOCABULARY	LANGUAGE FUNCTION	STRUCTURES
Keep fit – thin – fat – to lose weight – to gain weight – healthy – diet	Making suggestions	How about drinking a glass of lemon juice?

INPUT PHASE

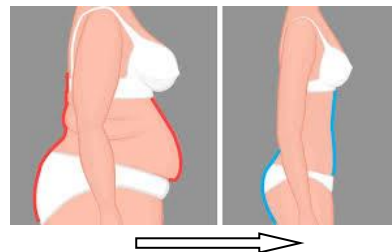
Vocabulary

To keep fit = to be fine, to be in good health

Healthy = fine

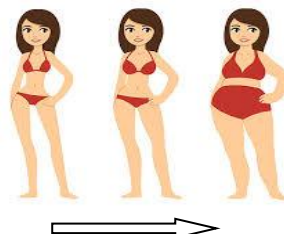


Lose weight = become thinner



≠

Gain weight = become fatter



Diet = nutrition

Language function: Making suggestions



This is Emma. She is fat. She wants to lose weight. To help her, you can suggest some solutions. You can say for example: **How about drinking** lemon juice?

So you use **“how about + verb + ing”** to make suggestions.

PRACTICE PHASE

Activity 1: Complete the text below with the words or expressions from the box. Write your answers like in the example.

thin – weight – keep fit – fat – gain – healthy

Example: 1 - healthy

Having a (1) diet can help you to (2)

Aya has eaten so much junk food that she is (3) today. Now, she wants to lose (4)

By her side, her sister Meliane who is very (5) is trying to (6) weight.

Listening passage 1:

*Having a **healthy** diet can help you to **keep fit**.*

*Aya has eaten so much junk food that she is too **fat** today. Now, she wants to lose **weight**.*

*By her side, her sister Meliane who is very **thin** is trying to **gain** weight.*

Activity 2: While you listen to the teacher read the dialogue between a patient and the doctor, write down the patient's parts.

Doctor: What's wrong with you, young man?

Patient:

Doctor: I see; you need to take a rest. You look tired.

Patient:

Doctor: You want to lose weight, fine. How about changing your diet?

Patient:

Doctor: You should not eat fatty food. And you should practise sport.

Patient:

Doctor: You should also eat organic food too.

Listening passage 2:

Doctor: What's wrong with you, young man?

Patient: I feel bad. I have a headache.

Doctor: I see; you need to take a rest. You look tired.

Patient: This is true and I am gaining weight.

Doctor: You want to lose weight, fine. How about changing your diet?

Patient: What should I do or eat, doctor?

Doctor: You should not eat fatty food. And you should practise sport.

Patient: Is this all, doctor?

Doctor: You should also eat organic food too.

Homework: Use “how about” to make suggestions with these structures.

- practise sport

- eat healthy food.

SESSION 2

Source: Learn it, do it 5^e

Learning context (Recall)

During a meeting of the English club of Collège Moderne of Tanda, the students are listening to an American dietitian's advice so that they care about their diet to stay healthy.

Lesson content

VOCABULARY	LANGUAGE FUNCTION	STRUCTURES
sick – organic food – fatty food – sugary food – salty food – spicy food	Giving advice with should or shouldn't	You should eat organic food (good action) You shouldn't eat too much salty food (bad)

INPUT PHASE

Vocabulary

 <p>organic food: food which contains organic materials</p>	 <p>fatty food: food which makes fat</p>	 <p>sugary food: food which contains much sugar</p>
 <p>salty food: food containing much salt</p>	 <p>spicy food: food full of spice</p>	 <p>a sick person: a person suffering from a disease</p>

Language function: Giving advice



You **should eat** organic food. (good for your health)

“**should + verb**” for good action.



You **shouldn't eat** too much sugary food (bad for your health. It provokes diabetes)

“**shouldn't + verb**” for bad action.

So, to give advice we can use **should** (for good actions) and **shouldn't** (or bad actions)

PRACTICE PHASE

Activity 1: While you listen to the teacher, fill in the table below.

Fatty food	Salty food	Spicy food	Sugary food
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

Listening text:

Cake – fatty meat and fish – canned soup – spicy chicken – honey – avocado – coke – chips – spicy meatballs – cheese – sorrel juice – sandwich – butter – sweets – bread – chocolate – pizza – nuts – pepper soup

Activity 2: Use the expressions in the box to make some suggestions. Number 1 is an example.

Take an anti-malaria pills – develop your muscles – take some aspirin – practise sport – take a rest – eat organic food

PAINS	SUGGESTIONS
1- I have a headache	You should take some aspirin.
2- Ali is losing weight	
3- Dad is tired	
4- This man is too fat	
5- I feel weak	
6- The children have malaria	

SESSION 3

Source: Learn it, do it 5^e

Communication activity (Situation d'évaluation)

Dali and you, his neighbour of 5^{ème} 2 in Collège Moderne of Tanda, are visiting Ghana. There, Dali falls sick and you go with him to the doctor's to receive a treatment. The doctor tells you what your neighbour is suffering from and what to do. As you listen to the doctor,

1- complete the table below

WHAT DALI IS SUFFERING FROM	WHAT TO DO
- He aches all over	

2- As you listen again, answer these questions below.

- a) What is wrong with Dali?
- b) What treatment does the Doctor recommend to him?
- c) According to the doctor, what could Dali do to get strong?
- d) What should he do when he gets better,

Listening text:

Doctor: Hello! How are you?

You: I am fine.

Doctor: Right! I want to tell you what your friend is suffering from.

You: Okay, I am listening to you.

Doctor: He aches all over and he is sweating a lot.

You: So what should we do now?

Doctor: He should take some anti-malaria pills; he should take two days' rest.

You: What else could he do?

Doctor: He could take some vitamins to get strong.

You: You mean he is weak?

Doctor: Yes, and he should practise sports when he gets better.

You: Thank you, doctor!

Doctor: You're welcome!

