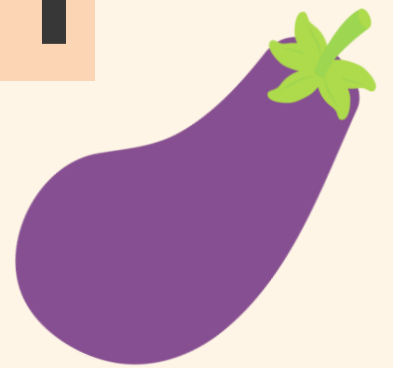




Unit 3: Healthy living for teens

Lesson 2: A closer look 1



Objectives

After this lesson, students will be able to:

01

VOCABULARY

use vocabulary related
to "Time management"
and "Health"

02

PRONUNCIATION

pronounce two sounds
/h/ and /r/ in words and
sentences

Ex 1. (pg 30). Circle the correct word or phrase to complete each sentence.

1. It's always difficult for students to give / make priority to work, school, and family.

2. David works out at his home gym to maintain his mental / physical health.

3. Well-balanced / Badly balanced living is hard to achieve if you have many things to do.

4. Managing / Making time means organising and planning how to divide your time between different activities.

5. I tried to accomplish / get my goal of cycling five kilometres a day.

CHECK YOUR ANSWER

1. It's always difficult for students to give / make priority to work, school, and family.
2. David works out at his home gym to maintain his mental / physical health.
3. Well-balanced / Badly balanced living is hard to achieve if you have many things to do.
4. Managing / Making time means organising and planning how to divide your time between different activities.
5. I tried to accomplish / get my goal of cycling five kilometres a day.

give priority: ưu tiên

physical health: sức khỏe thể chất

well-balanced living: cuộc sống lành mạnh

managing time: quản lí thời gian

accomplish sb's goal: đạt được mục tiêu/
hoàn thành mục tiêu

Catch the words

- Words will *appear* then *disappear*
- *Read* them quickly
- *Write* the word you read





LET'S START

accomplish optimistic

due date

stressed distraction

optimistic



(adj)

/,ɒp.tɪ'mɪs.tɪk/

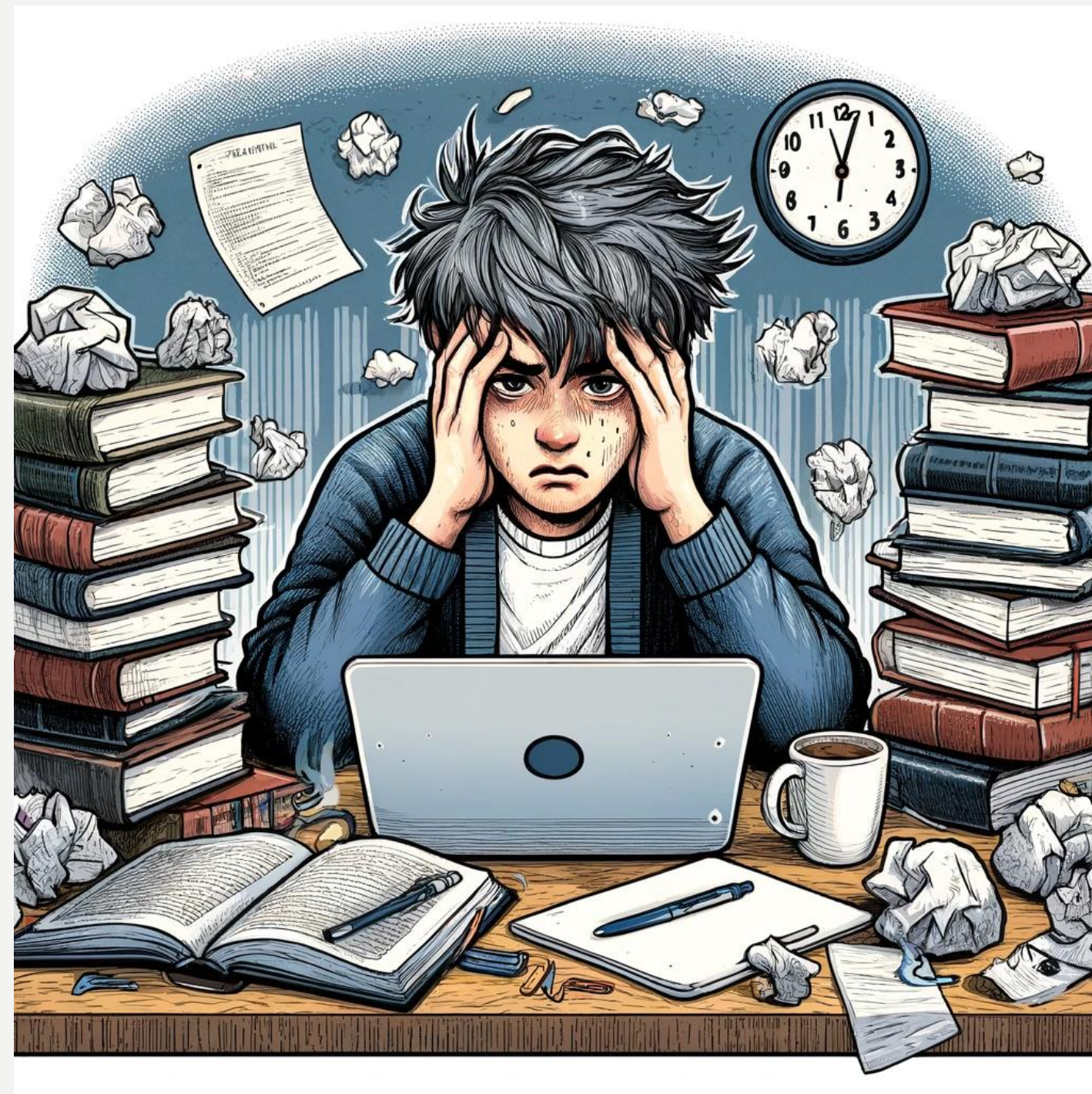
lạc quan



stressed out

 /strest aʊt/

áp lực, căng thẳng



distraction

 (n)

/di'stræk.jən/

sự phân tâm



due date



/dju: deɪt/

hạn nộp



accomplish



(v)

/ə'kʌm.plɪʃ/

hoàn thành



Ex 2. Match the words and phrases with their definitions

delay

stressed out

due date

optimistic

distractions

a. the planned day and time that something is required to be completed

due date

b. believing that good things will happen

optimistic

c. too anxious and tired to be able to relax

stressed out

d. things that stop you from paying attention to what you are doing

distractions

e. not to do something until a later time

delay



Ex 3. Complete the sentence with the words and phrases from Ex 2



delay

stressed out

due date

optimistic

distractions

1. I want to know the _____ for my history assignment.
2. I'm trying to go to bed earlier because I'm feeling _____ at the moment.
3. He intended to _____ telling her the news, waiting for the right moment.
4. I'm _____ about the result of the exam I took last week.
5. I prefer to study in the school library because there are too many _____ at home.



CHECK YOUR ANSWER



delay

stressed out

due date

optimistic

distractions

1. I want to know the **due date** for my history assignment.

2. I'm trying to go to bed earlier because I'm feeling **stressed out** at the moment.

3. He intended to **delay** telling her the news, waiting for the right moment.

4. I'm **optimistic** about the result of the exam I took last week.

5. I prefer to study in the school library because there are too many **distractions** at home.

assignment (n)

bài tập

stressed out (adj)

căng thẳng

delay + Ving (v)

trì hoãn việc gì

optimistic (adj)

lạc quan

distraction (n)

sự phân tâm

GUESS THE WORDS



HAPPINESS
/'hæp.i.nəs/.



WORRYING
/'wʌr.i.ɪŋ/

WATCH THE VIDEO

Ex 4. Listen and repeat the words. Pay attention to the sounds /h/ and /r/

/h/

healthy

/'helθi/

happiness

/'hæpinəs/

habit

/'hæbit/

ahead

/ə'hed/

perhaps

/pə'hæps/

/r/

regularly

/'regjələli/

really

/'ri:əli/

ready

/'redi/

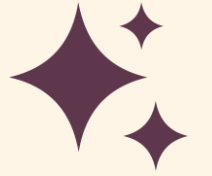
worrying

/'wʌrɪŋ/

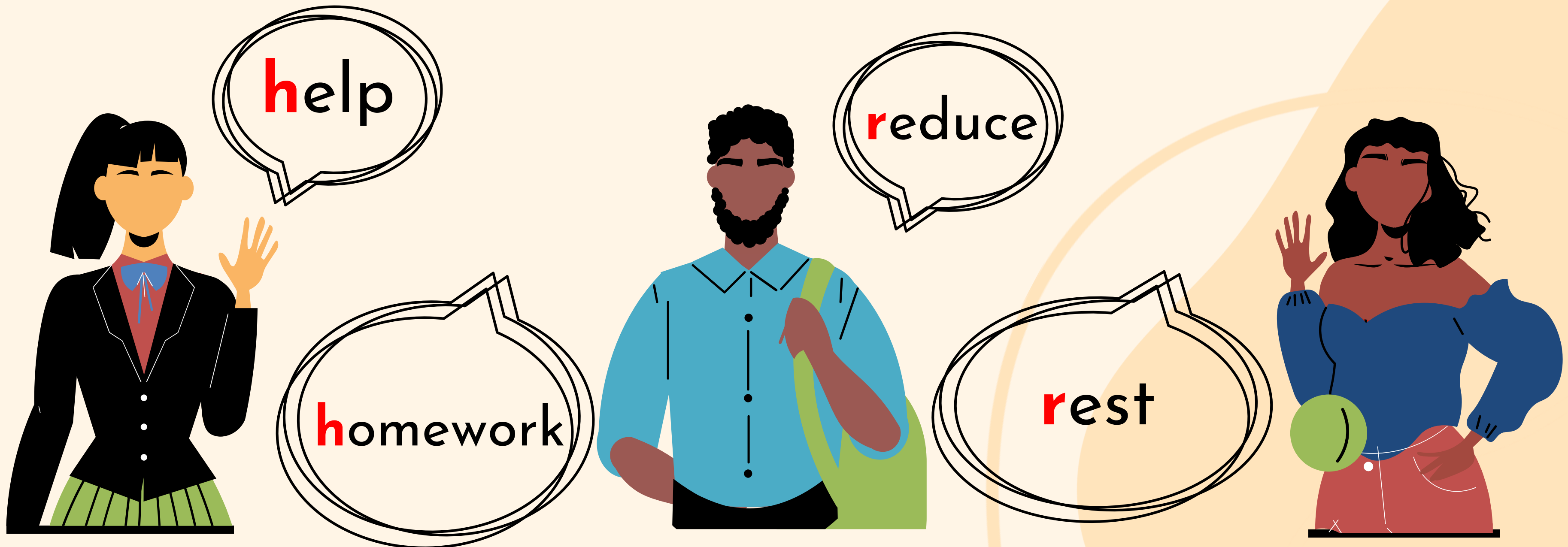
several

/'sevrəl/

GAME



- Devide class into 2 teams.
- Take turn to tell the word including sounds **/h/** or **/r/**.



Ex 5. Listen and practice the sentences. Pay attention to the bold words with /h/ and /r/

1. Keep **healthy** by eating well and exercising **regularly**.
2. **He** usually does **his homework** and then **reads** a good book.
3. I'm **ready** to change my eating **habits**.
4. I finished **several** days **ahead** of the due date.
5. She's always **worrying** about **her** physical **health**.



CONSOLIDATION

1. What is the synonym of "stressed out"?

- A distraction
- B mental
- C well-balanced
- D anxious

2. What is the antonym of "optimistic"?

- A delighted
- B pessimistic
- C excited
- D anxious



CONSOLIDATION

Choose the word whose underlined part differs from the other three in pronunciation

exhhausted

height

hobbies

homework



THANK YOU

Take care of your health!



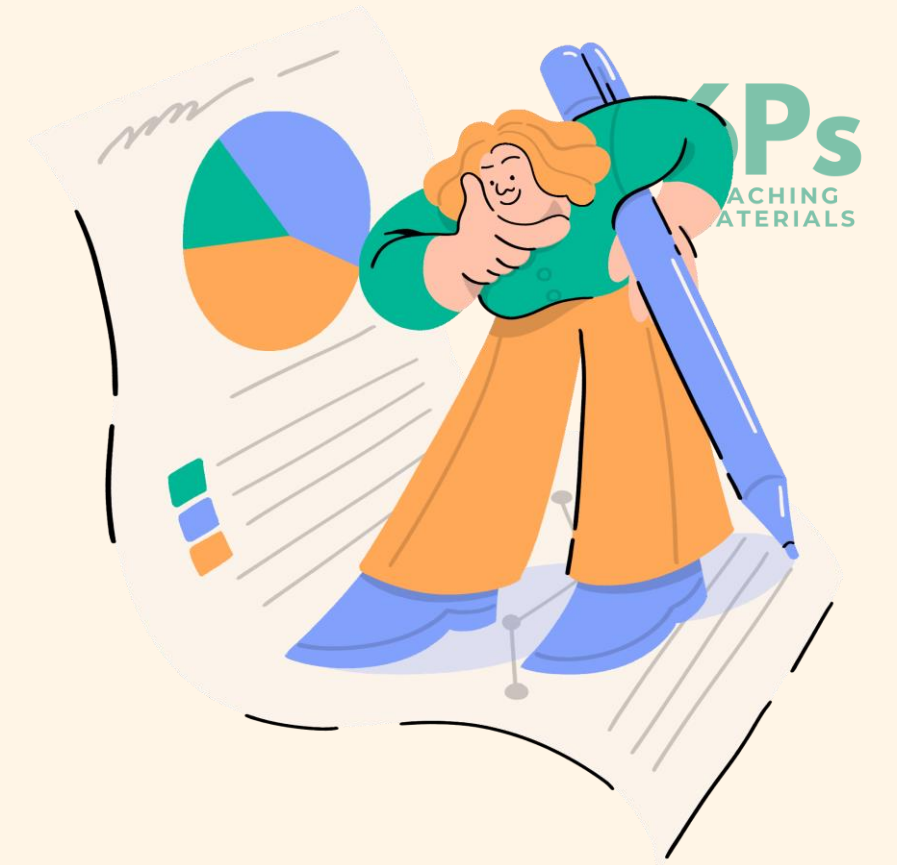


Live HEALTHY









deadline



optimistic

