

## TOPIC: HEALTH

Warmer: Match the following items with their synonyms / definitions.

routine  
prevent  
properly  
lift  
stress  
stamina

**Task 1:** Listen to the conversation between Tom and Anna. For each statement, decide if it is true or false.

**Question 1:** Anna says that most teenagers in the USA get enough exercise.

**Question 2:** Tom plays basketball or goes to the gym after school.

**Question 3:** Anna exercises for more than an hour every day.

**Question 4:** Tom doesn't use his bike very often, but he could ride it to school more.

**Question 5:** Tom and Anna will cycle together every morning starting tomorrow.

**Task 2: Listen again and complete the sentences with NO MORE THAN THREE WORDS from the conversation.**

Anna is reading an article about \_\_\_\_\_. The World Health Organisation recommends teenagers get one hour of \_\_\_\_\_ every day. Tom usually plays basketball or goes to the \_\_\_\_\_ with his friends. In the gym, Tom probably exercises for about \_\_\_\_\_ minutes in an hour. Anna does about an hour of exercise \_\_\_\_\_. At weekends, Anna doesn't sit at home all the time; she usually \_\_\_\_\_ with friends. Tom sometimes goes \_\_\_\_\_ with Paul, but they often play computer games. Tom and Anna plan to start cycling together

**Task 3:** Talk about healthy tips based on these cues

- Balance diet
- Stress management
- Sleep
- Fitness
- Social life