

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