

# UNIT 1: A LONG AND HEALTHY LIFE

## Lesson 8: Looking back & Project

Name: \_\_\_\_\_

Class: \_\_\_\_\_

### PRONUNCIATION

Tick the common pronunciation of the underlined auxiliary verbs. Then listen and check. Self-practise saying the conversations.



1. Doctor: Have you been examined yet?

A. /hæv/

B. /hav/

Nam: Yes, I have.

A. /hæv/

B. /hav/

2. Trainer: Can you do this exercise routine?

A. /kæn/

B. /kən/

Nam: Yes, I can.

A. /kæn/

B. /kən/



### VOCABULARY

Fill in each gap with ONE word from the box.

HEALTHY LONG LIFE

cut

Work

suffer

treatment

balanced

1. We need to (1) \_\_\_\_\_ down on fast food if we don't want to (2) \_\_\_\_\_ from heart diseases in the future.

2. (3) \_\_\_\_\_ out regularly and having a (4) \_\_\_\_\_ diet are the key to a healthy lifestyle.

3. Antibiotics are not used in the (5) \_\_\_\_\_ of diseases caused by viruses.

## GRAMMAR

**Choose A, B or C that is incorrect in each of the following sentences. Then correct it.**

Questions	Mistake	Correction
1. My grandfather <u>has gone to</u> hospital last month. He <u>is</u> A B C fine now.		
2. Life expectancy <u>has been</u> very low <u>in</u> the past. Now it <u>is</u> A B C higher.		
3. My father used <u>to do</u> a lot of <u>exercise</u> <u>since</u> he was young. A B C		
4. I <u>was</u> ill last week, and <u>didn't do</u> <u>much</u> exercise so far this A B C week.		

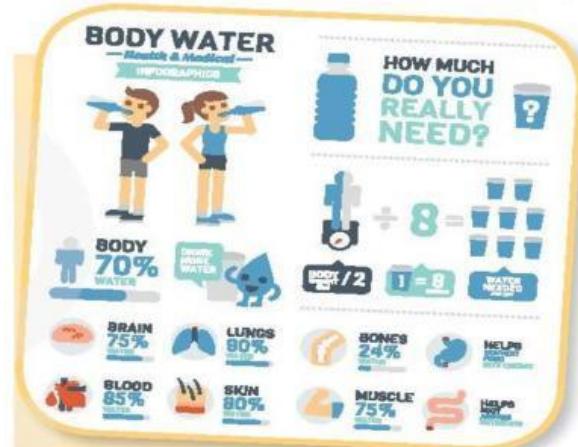
## PROJECT

## HEALTHY HABITS POSTERS

**Work in groups. Design a poster to help teens to develop a healthy habit (e.g. having a balanced diet, taking regular exercise, protecting themselves against certain diseases).**

**Present your poster to the class. Use these questions as cues for your presentation.**

1. What is the healthy habit?
2. What are the benefits of this habit?
3. How can we develop this habit?



## **SPEAKING ASSESSMENT**

Criteria	Points awarded	Points possible
Talking points is relevant to the topic		4
Speaking loudly, clearly and fluently		3
Using correct grammar		2
Participating in group's representation		1
<b>TOTAL SCORE</b>		<b>10</b>

\*\*\*\*\*THE END\*\*\*\*\*