

## UNIT 1: A LONG AND HEALTHY LIFE

## Lesson 8: Looking back & Project

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

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

## PRONUNCIATION

**Tick the box which is 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?

**Nam:** Yes, I can.

**A. /kæn/**      **B. /kən/**



## VOCABULARY

## HEALTHY LONG LIFE

**Fill in each gap with ONE word from the box.**

**cut Working 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 since</u> he was young. A      B      C		
4. I <u>was</u> ill last week, and <u>didn't do much</u> exercise so far this A      B      C week.		

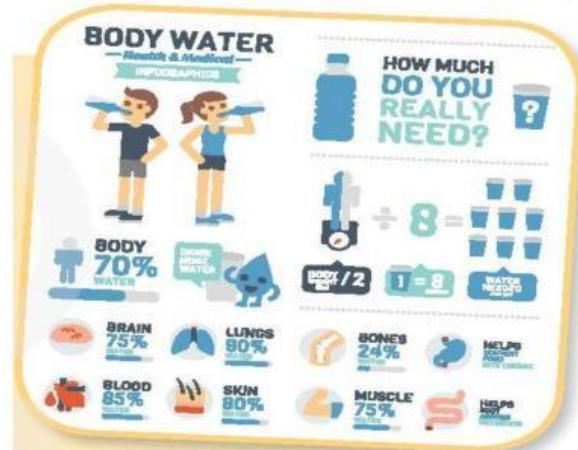
## PROJECT

### 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\*\*\*\*\*