

Student's name:

Date:

Look at the questions and discuss with a partner before watching the video.

1.Activity (Pre-listening (Warm-up))

Look at the questions and discuss with a partner before watching the video.

- a.**What is healthy food?
- b.**Do you eat healthy food every day?
- c.**What is your favorite healthy food?
- d.**What healthy habits do you have?
- e.**What unhealthy food do you eat sometimes?
- f.**Why is healthy eating important?

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2. Activity : While-listening (Main Idea)

Watch the video and choose the correct answer.

What is the main topic of the video?

- a) Fast food
- b) Healthy eating
- c) Exercise

How do people feel when they eat healthy food?

- a) Tired
- b) Happy and fresh
- c) Angry

3. Activity : While-listening (True or False)

Listen again and write True (T) or False (F).

- Healthy food is bad for your body _ _ _ _
- Eating healthy helps you feel better _ _ _
- People in the video talk about good habits _ _ _
- Junk food is always recommended _ _ _

4. Activity : While-listening (Fill in the blanks)

Complete the sentences with words from the video.

- Healthy food makes you feel _ _ _ _ _ and _ _ _ _ _.
- It is important to have good _ _ _ _ _.
- Your body becomes _ _ _ _ _ and _ _ _ _ _.