# 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/ ☐

HEALTHY LONG LIFE

### VOCABULARY

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

| 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.

LIVEWORKSHEETS

## GRAMMAR

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

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

## 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 |
| **TOTAL SCORE** | | 10 |

*****THE END*****

LIVEWORKSHEETS