

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 \_ \_ \_ \_ \_.