Introduction

DRINKS THAT ARE GOOD FOR YOUR HEALTH

In 30 seconds, match a picture with a suitable word, then make a sentence with that word.

Milk  Tea  Coconut juice  Orange juice  Water  Apple juice

A  B  C  D  E  F
Lesson Objectives

**Topic:** Drinks that are good for your health

By the end of this lesson, you will be able to:

- Remember at least 6 related words
- Create simple sentences about the topic
- Have a conversation about the topic
- Avoid some common grammar and pronunciation mistakes
Let’s start!

Look the pictures and answer the following questions in 60 seconds.

What is your favorite drink? Why do you like it?

How much water do you drink per day?
**Vocabulary**

Pair Work: Student A reads one definition in column A. Student B guesses the word in column B and uses it to make a sentence.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>a. connected with a person’s body rather than their mind</td>
<td>1. <em>Weight</em> <em>(n)</em> /ˈwɜːt/</td>
</tr>
<tr>
<td>b. pain in or near your stomach</td>
<td>2. <em>Stomachache</em> <em>(n)</em> /ˈstʌməkeɪk/</td>
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<tr>
<td>c. that cannot catch or be affected by a particular disease or illness</td>
<td>3. <em>Herbal</em> <em>(adj)</em> /ˈhɜːbl/</td>
</tr>
<tr>
<td>d. how heavy sb/ sth is, which can be measured in, for example, kilograms or pounds</td>
<td>4. <em>Soothe</em> <em>(v)</em> /suːð/ sth/sb</td>
</tr>
<tr>
<td>e. connected with or made from herbs</td>
<td>5. <em>Immune</em> <em>(adj)</em> /ɪˈmjuːn/</td>
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<tr>
<td>f. to make sb who is anxious, upset, etc. feel calmer or to make a tense or painful part of your body feel more comfortable</td>
<td>6. <em>Physical</em> <em>(adj)</em> /ˈfɪzɪkl/</td>
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</table>

**Example:** She drinks lemonade every day to improve her **physical** fitness.
Grammar

Conditional sentences type I: 
If S + V(present simple), S + will/should/might/... + V + O

Choose a picture and make a sentence with the given structure

Example: If you feel tired, you should drink milk.

Can’t sleep/herbal tea
Have a stomachache/ mint tea
Avoid heart diseases/ soya milk
Lose weight/green tea
Have a cold/ hot orange juice
Have a cough/ lemonade
Conversation

Pair work: Choose one context and discuss with your partner in **180 seconds**.

**Context 1:** Your partner can’t sleep at night. Ask her/him some questions about her/his problems and recommend a type of drinks.

**Context 1:** Your partner feels sick and tired. Ask her/him some questions about her/his problems and recommend a type of drinks.

**Suggestions:** have difficulties falling asleep, feel tired, get up at midnight, calm you down, soothe your body, have a cold, sneeze, have a headache, provide vitamin C, improve your immune system, etc.
# Common mistakes

<table>
<thead>
<tr>
<th>Mistake Correction</th>
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## Grammar

**Incorrect**
If you feel tired, you *would* drink milk.

**Correct**
If you feel tired, you *should* drink milk.

## Pronunciation

**Confusing word pairs**
- *mint* /mɪnt/ vs. *milk* /mɪlk/
- *Juice* (n):

**Incorrect** /dʒuː/ vs. **Correct** /dʒuːs/

## Sentence practice
- Would you like a cup of *mint* tea or a glass of *milk*?
- I drink a glass of orange *juice* every day.
Assessment

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>6.</td>
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Feel free to ask if you have any questions!
Wrap-up

• Words related to drinks

• If S + V(present simple), S + 
  will/should/might/… + V + O

• Have a conversation about some types of healthy drinks

Please do your homework in the downloadable outline from the website!
## Homework

Complete your mission and find more in related lessons.

<table>
<thead>
<tr>
<th>Your mission</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
<td>✓ I drink a lot of water! (#0382)</td>
</tr>
<tr>
<td>✓ Search for related lessons in course browser</td>
<td>✓ Food &amp; groceries- present tense verbs (#0039)</td>
</tr>
<tr>
<td>✓ Take those lessons</td>
<td>✓ You ate 12 croissants for breakfast? (#0393)</td>
</tr>
</tbody>
</table>