In 30 seconds, answer the following question:

• If you had a big garden, what would you grow there?
Speak Up

In 60 seconds, express your opinion about the following statement.

“The food you grow yourself is the freshest food you can eat.”
Wear Your Words

Listen and repeat. Then, choose a word to define.

1. Depression (n) /dɪˈpreʃn/  
2. Mentally (adv) /ˈmentəli/  
3. Physically (adv) /ˈfɪzɪkli/  
4. Alleviate (v) /əˈliːvɪt/  
5. Satisfaction (n) /ˌsætɪsˈfækʃn/  
6. Well-being (n) /wel-ˈbiːŋ/  

Make a sentence using that word.

Example: She suffered from severe depression after losing her job.
Wear Your Words

Explanation of useful collocation/ idiom.

**Cope with sth** (collocation)  

to deal successfully with something difficult

**Alive and kicking** (idiom)  

to be well and healthy

*Example:*

✓ Gardening helps us to **cope with** health problems.

✓ My aunt is ninety years old and she is very much **alive and kicking**.

Make a sentence using the given collocation/ idiom.
Essential Structures

Make a sentence using the given structure.

Structure:

S + to be + helpful in + V-ing.

Example: Gardening is helpful in relieving stress.

Suggestions: lower the risk of heart attacks/ improve your mental health/ decrease depression/ reduce the risk of stroke/ control your weight/ reduce the risk of obesity/ etc.
Pair Work: Discuss the health benefits of gardening with your partner in 180 seconds.
Assessment Form

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gained

- Vocabulary related to the health benefits of gardening
- **Cope with sb/sth**
- **Alive and kicking**
- **Structure:**
  
  \[ S + \text{to be} + \text{helpful in} + \text{V-ing}. \]
- Discussions about the health benefits of gardening

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>
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<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
</tr>
<tr>
<td>✓ Search for related lessons in the course browser</td>
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<tr>
<td>✓ Take those lessons</td>
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<th>Recommendation</th>
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<tr>
<td>✓ Health &amp; hygiene- quiz (#0024)</td>
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<tr>
<td>✓ Health and fitness (#0368)</td>
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<tr>
<td>✓ Healthcare (#0374)</td>
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