EATING TO LIVE, NOT LIVING TO EAT

In 30 seconds, answer the following questions:

• What is your favorite vegetable?
• Do you often eat fast food?
Lesson Objectives

Topic: Eating to live, not living to eat

By the end of this lesson, you will:

• Know at least 6 related words

• Be able to create simple sentences about the topic

• Be able to have a conversation about the topic

• Be able to avoid some common grammar and pronunciation mistakes
Let’s start!

In 60 seconds, match a vegetable picture with its name and make a sentence using that vegetable name.

Bell pepper  Eggplant  Sweet potato  Tomato  Cabbage  Carrot

A  B  C  D  E  F
### Vocabulary

Pair Work: Student A reads a definition from column A.
   Student B matches it with a word from column B, and makes a sentence.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. a type of solid, liquid or gas that has particular qualities.</td>
<td>1. Nutrition (n) /nuˈtrɪʃn/</td>
</tr>
<tr>
<td>b. the part of food that helps to keep a person healthy by keeping the bowels working and moving other food quickly through the body.</td>
<td>2. Vital (adj) /ˈvaɪtl/</td>
</tr>
<tr>
<td>c. a substance that is naturally present in the earth and is not formed from animal or vegetable matter, for example gold and salt.</td>
<td>3. Substance (n) /ˈsʌbstəns/</td>
</tr>
<tr>
<td>d. to have none or not enough of something.</td>
<td>4. Lack (v) /læk/</td>
</tr>
<tr>
<td>e. necessary or essential in order for something to succeed or exist.</td>
<td>5. Mineral (n) /ˈmɪnərəl/</td>
</tr>
<tr>
<td>f. the process by which living things receive the food necessary for them to grow and be healthy.</td>
<td>6. Fiber (n) /ˈfaɪbər/</td>
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</tbody>
</table>

**Example:** Vegetables play a **vital** role in our diet.
Grammar

Structure:
It is said that + S + V + O.

Talk about benefits of healthy eating using the given structure.

Example: It is said that healthy eating helps you to control your weight.

Suggestions:
✓ Slow aging
✓ Save money from buying medicine
✓ Help people feel less stressed
✓ Prevent many diseases
✓ Make people happier
✓ Help us live longer
**Student A:** You want to improve the quality of your meals. Talk to your friend about how to eat healthily.

**Student B:** You are student A's friend. Share your experience of how to eat healthily with your friend.

**Pair work:** Discuss how to eat healthily with your partner in 180 seconds.

- Consider eating leafy greens
- Drink plenty of water
- Stay away from fast food
- Don’t skip breakfast
- Eat slowly
- …
### Common mistakes

#### Mistake Correction

<table>
<thead>
<tr>
<th>Grammar</th>
<th>Incorrect</th>
<th>Correct</th>
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</thead>
<tbody>
<tr>
<td>Incorrect</td>
<td>It is <em>sayed</em> that we need to have a good eating habit.</td>
<td>It is <em>said</em> that we need to have a good eating habit.</td>
</tr>
</tbody>
</table>

#### Pronunciation

<table>
<thead>
<tr>
<th>Confusing word pairs</th>
<th>Sentence practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <em>stance</em> /stæns/ vs. <em>substance</em> /ˈsʌbstəns/</td>
<td>• He took a firm <em>stance</em> on <em>substance</em> abuse.</td>
</tr>
</tbody>
</table>
Assessments

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>
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<td>2.</td>
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<td>6.</td>
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Feel free to ask if you have any question.
Wrap-up

✓ Words related to healthy eating

✓ Structure:

   It is said that S + V + O.

✓ Discussions about how to eat healthily

Please do your homework in the downloadable outline from the website!
Homework
Complete your mission and find more in related lessons.

Your mission
✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
✓ Search for related lessons in the course browser
✓ Take those lessons

Recommendation
✓ Healthcare (#0374)
✓ Health and fitness (#0368)