**7 HABITS THAT ARE BAD FOR YOUR HEALTH**

In 30 seconds, answer the following questions:

- Do you have any bad habits?
- Do you find it difficult to quit a bad habit?
Lesson Objectives

Topic: 7 habits that are bad 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!

Watch the video and answer the following questions in 60 seconds.

Do you like eating burgers?
Is eating fast food good or bad for you?

Source: http://youtu.be/dDf2eg9HvT4
### 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 thin tube of paper filled with tobacco, for smoking</td>
<td><strong>1. Fatty (adj) /ˈfæti/</strong></td>
</tr>
<tr>
<td>b. not having good health; showing a lack of good health</td>
<td><strong>2. Salty (adj) /ˈsɔːlti/</strong></td>
</tr>
<tr>
<td>c. containing a lot of fat; consisting of fat</td>
<td><strong>3. Unhealthy (adj) /ʌnˈhelθi/</strong></td>
</tr>
<tr>
<td>d. drinks such as beer, wine, etc. that can make people drunk</td>
<td><strong>4. Alcohol (n) /ˈælkəhɔːl/</strong></td>
</tr>
<tr>
<td>e. Fast</td>
<td><strong>5. Cigarette (n) /ˈsɪɡəret/</strong></td>
</tr>
<tr>
<td>f. containing or tasting of salt</td>
<td><strong>6. Quickly (adv) /ˈkwɪkli/</strong></td>
</tr>
</tbody>
</table>

**Example:** Salty food is not good for health.
Grammar

Structure:
S+ be accustomed to/ get accustomed to + V-ing.

Make a sentence about bad habits using the given structure.
Example: She is accustomed to eating quickly.

- Drink alcohol
- Eat salty food
- Sleep 4 hours a night
- Eat fatty food
- Smoke cigarettes
- Worry about life
Pair work: Choose a role and act it out with your partner in 180 seconds.

**Role 1:** You often smoke cigarettes and go to sleep late. You don’t feel well these days. Ask your friend who is a doctor for some advice.

**Role 2:** Your friend often smokes cigarettes and goes to sleep late. You are a doctor. Give him some advice.

**Suggestions**
- I am/ get accustomed to ...
- Can you give me some advice?
- Don’t go to sleep late
- Quit smoking
- Don’t eat fatty and salty food
- ...

[Image of a doctor and patient]
# Common mistakes

## Mistake Correction

<table>
<thead>
<tr>
<th>Grammar</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect</td>
<td>She <em>is accustomed to eat</em> quickly.</td>
</tr>
<tr>
<td>Correct</td>
<td>She <em>is accustomed to eating</em> quickly.</td>
</tr>
</tbody>
</table>

## Pronunciation

<table>
<thead>
<tr>
<th>Confusing word pairs</th>
<th></th>
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<tbody>
<tr>
<td><em>Health</em> /helθ/ vs. <em>Help</em> /help/</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sentence practice</th>
<th></th>
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<tbody>
<tr>
<td><em>Exercising regularly can help us have good health.</em></td>
<td></td>
</tr>
</tbody>
</table>

## Others

**Vietnam**: 0983.348.528  
**Thailand**: 021.054.246  
**Technical support**
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>
<tr>
<td>1.</td>
<td></td>
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<tr>
<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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<tr>
<td>6.</td>
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</tbody>
</table>

Feel free to ask if you have any question!
Wrap-up

✓ Words related to bad habits

✓ Structure:

  S+ be accustomed to/ get accustomed to + Ving.

✓ Have conversations about bad habits

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 course browser
- Take those lessons

### Recommendation

- Health & hygiene - present tense verbs (#0022)
- Body and health in simple past tense (#0074)