10 TIPS FOR A HEALTHY HEART

In 30 seconds, answer the following questions:

• Do you often do physical activities?
• Do you prefer fish to meat?
Lesson Objectives

**Topic: 10 Tips For A Healthy Heart**

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

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

Answer the following question in 60 seconds.

“\textit{A healthy lifestyle will make your heart healthier.}”

\textit{In your opinion, how can we lead a healthy lifestyle?}
## 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. to stop something from increasing beyond a particular amount or level</td>
<td>1. Alcohol  (n) /ˈælkəhɔːl/</td>
</tr>
<tr>
<td>b. to stop doing something</td>
<td>2. Active  (adj) /ˈæktɪv/</td>
</tr>
<tr>
<td>c. 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>3. Weight  (n) /weɪt/</td>
</tr>
<tr>
<td>d. always busy doing things, especially physical activities</td>
<td>4. Quit  (v) /kwɪt/</td>
</tr>
<tr>
<td>e. drinks such as beer, wine, etc. that can make people drunk</td>
<td>5. Limit  (v) /ˈlɪmɪt/</td>
</tr>
<tr>
<td>f. how heavy somebody/something is, which can be measured in, for example, kilograms or pounds</td>
<td>6. Fiber  (n) /ˈfaɪbər/</td>
</tr>
</tbody>
</table>

**Example:** Linda is always worried about her weight.
Grammar

Structure:
S + advise + somebody + to V(inf.) + O.

Make a sentence using the given structure.

Example: He advised me to eat more fish to have a healthy heart.

Suggestions:
✓ quit smoking
✓ drink less alcohol
✓ get active
✓ limit your weight
✓ eat more fiber
✓ avoid salty foods
✓ etc.
Pair work: Discuss some tips for a healthy heart with your partner in 180 seconds.

Suggestions:

✓ manage your stress levels
✓ read food labels carefully
✓ eat dark chocolate
✓ eat more fish
✓ drink less alcohol
✓ quit smoking
✓ etc.
## Common mistakes

### Mistake Correction

<table>
<thead>
<tr>
<th>Grammar</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect</td>
<td>He advised me eat more fish.</td>
</tr>
<tr>
<td>Correct</td>
<td>He advised me to eat more fish.</td>
</tr>
</tbody>
</table>

### Pronunciation

<table>
<thead>
<tr>
<th>Confusing word pairs</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>Quit /kwɪt/ vs. Quite /kwɑɪt/</td>
<td></td>
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<table>
<thead>
<tr>
<th>Sentence practice</th>
<th></th>
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<tbody>
<tr>
<td>I think it is quite easy to quit smoking.</td>
<td></td>
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</table>

### Others |  |
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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<td>2.</td>
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<td>5.</td>
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<tr>
<td>6.</td>
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</table>

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

✓ Words related to tips for a healthy heart
✓ Structure:
  \[ S + \text{advise} + \text{somebody} + \text{to } V(\text{inf.}) + O. \]
✓ Discussions about tips for a healthy heart

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

- Health & hygiene - present tense verbs (#0022)
- Body and health in simple past tense (#0074)
- Body and health vocabulary (#0073)