

LISTEN A MINUTE.com

Health

<http://www.listenAminute.com/h/health.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

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THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/h/health.html>

I never used to worry about my health until recently. When I was a kid, I did loads of exercise. Even in my twenties and thirties I was very fit and never ill. I have been lucky all my life – always in the best of health. I rarely get even a cold. I suppose time catches up with you. Now I seem to be getting lots of little aches and pains. I should go to the doctor for a health check, but I'm too busy. The older you get, the more you worry about your health. One good thing is that I'm eating more healthily now than ever before. I no longer have fast food and midnight snacks. I also sleep a lot more. I've read that getting seven or eight hours sleep every night is one of the best things you can do for your health.



LISTENING GAP FILL

From: <http://www.listenAminute.com/h/health.html>

I never _____ about my health until recently. When I was a kid, I _____ exercise. Even in my twenties and thirties I was very _____ ill. I have been lucky all my life – always _____ health. I rarely get even a cold. I suppose _____ with you. Now I seem to be getting lots of little _____. I should go to the doctor for a health check, but I'm too busy. The older you get, the _____ about your health. One good thing is that I'm eating more healthily now _____. I no longer have fast food and midnight snacks. I also sleep _____. I've read that getting seven or eight hours sleep every night _____ best things you can do for your health.



CORRECT THE SPELLING

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UNJUMBLE THE WORDS

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 **DISCUSSION** (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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 **DISCUSSION** (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STUDENT HEALTH SURVEY

From: <http://www.listenAminute.com/h/health.html>

Write five GOOD questions about health in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.



HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET INFO: Search the Internet and find more information about health. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about health. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. HEALTH POSTER Make a poster about health. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY HEALTH LESSON: Make your own English lesson on health. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on health. Share your findings with the class.

