
araq
Life Skills
Video Practice
Stand Out 3 Unit 5

Ask your students the following questions to introduce the topic of the video they will watch.



A **BEFORE** **Discuss the questions with a partner.**

1. How can you stay healthy at work?
2. What are your healthy and unhealthy habits at work or school?

Silent Viewing: Show the video in segments without sound so students can guess at the story line.

WATCH THE VIDEO WITHOUT SOUND AND TRY TO GUESS THE STORY.



Second Viewing: Show the video again so students can check predictions.

WATCH THE VIDEO WITH SOUND AND TRY TO RETELL THE STORY.



Ask your students to watch the video and complete the activity. Replay the video if needed.



B **WHILE** **Watch the video and complete the parts of the conversation.**

Mr. Patel: What's (1) _____ on here?

Mateo: We're (2) _____, Mr. Patel. Why don't you join us?

Mr. Patel: I can't do that. I haven't touched my (3) _____ in years.

Mateo: It's (4) _____ for you. C'mon, try it.

Check the correct answers with students.



B **WHILE** **Watch the video and complete the parts of the conversation.**

Mr. Patel: What's (1) going on here?

Mateo: We're (2) exercising, Mr. Patel. Why don't you join us?

Mr. Patel: I can't do that. I haven't touched my (3) toes in years.

Mateo: It's (4) good for you. C'mon, try it.

Ask your students to watch the video and complete the activity. Replay the video if needed.



C **AFTER** **Match the parts to complete the sentences.**

_____ 1. Mateo	a. are bad for you because they have a lot of calories.
_____ 2. Exercise	b. can create some serious health problems.
_____ 3. Too much sugar	c. has a healthy lifestyle.
_____ 4. Soda and candy	d. will prevent your muscles from getting tight.

Check the correct answers with students.



C **AFTER** **Match the parts to complete the sentences.**

c 1. Mateo	a. are bad for you because they have a lot of calories.
d 2. Exercise	b. can create some serious health problems.
b 3. Too much sugar	c. has a healthy lifestyle.
a 4. Soda and candy	d. will prevent your muscles from getting tight.

Select students. Have partners take turns performing the task. Check and correct anywhere possible.



DISCUSS HEALTHY AND UNHEALTHY HABITS AT WORK OR SCHOOL.

UNIT 5 Exercise Is Good for You

Hector: What are you doing? **Mateo:** I'm exercising. Can't you see? **Hector:** OK, I know what you're doing. But why? **Mateo:** Exercise is good for you. You should make it part of your daily routine, Hector. **Hector:** Yes, I know. But at work? **Mateo:** Why not? If you stretch out at work, your muscles won't be tight. **Hector:** If I exercise at work, my clothes will get messed up. **Mateo:** Don't worry about your clothes. C'mon, try it. **Hector:** How do I do it? **Mateo:** Start by touching your toes. Then touch your knees. Finish by putting your hands on your hips. **Hector:** Like this? **Mateo:** Right. **Hector** and **Mateo** One, two, three; one, two, three. **Mr. Patel:** What's going on here? **Mateo:** We're exercising, Mr. Patel. Why don't you join us? **Mr. Patel:** I can't do that. I haven't touched my toes in years. **Mateo:** It's good for you. C'mon, try it. **Mr. Patel:** Well, alright. But not too fast! **Mateo:** Don't worry. Let's take it easy. Start by touching your toes. Then touch your knees. Finish by putting your hands on your hips. One, two, three; one, two, three. **Mr. Patel:** One, two, three; one, two, three. OK, Mateo. That's enough for me. **Mateo:** That's a good start. If you work out every day, it'll get easier for you. **Mr. Patel:** Every day? **Mateo:** Being healthy is a way of life, Mr. Patel. **Mr. Patel:** If you say so, Mateo. **Hector:** OK. All this exercise is making me hungry. I feel like having something to eat. **Mr. Patel:** Yes, and I'm thirsty. **Mateo:** I can't believe what I'm seeing. **Mr. Patel:** Oh, excuse me! I'm sorry … would you like to have some soda, too? **Mateo:** We just lost 100 calories and you're gaining it all back. Hector, that candy bar has at least 200 calories. And Mr. Patel, that can of soda has about 150 calories. A lot of calories come from sugar. if you eat or drink too much sugar every day, you can have some serious health problems. **Mr. Patel:** Hmmm … The soda doesn't look so good now. **Mateo:** After a workout, you should drink water or juice. It has got lots of vitamins and minerals. And it makes you feel great! **Hector:** OK, Mateo, you sold me. I think I'll have a juice, too. **Mr. Patel:** Now I know why he is such a good sales clerk!