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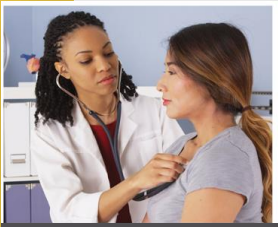
StartUp 3
Vocabulary

Unit8 – Lesson3
Page94

Teach the challenging words to your Ss. Then play the audio to practice the pronunciation.

MATCH the phrases with the pictures.

go to the gym – put down your device – meditate
get enough sleep – get a check-up – cut down on sugar
spend time outdoors – follow a balanced diet
drink water – go for a run


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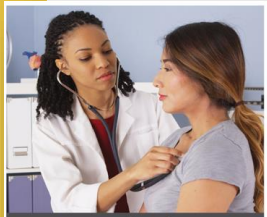
LUCAS MORALES

@LucasM

If you've been looking for an easy way to get healthy, you're in luck—sleeping counts!

1 VOCABULARY Healthy habits

A 08-17 Listen. Then listen and repeat.


get a check-up


go for a run


go to the gym


spend time outdoors

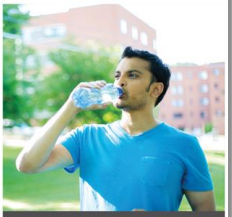

meditate


get enough sleep


cut down on sugar


follow a balanced diet


put down your device


drink water

1 VOCABULARY Healthy habits

B Look at the healthy habits in 1A. Put them into the groups.

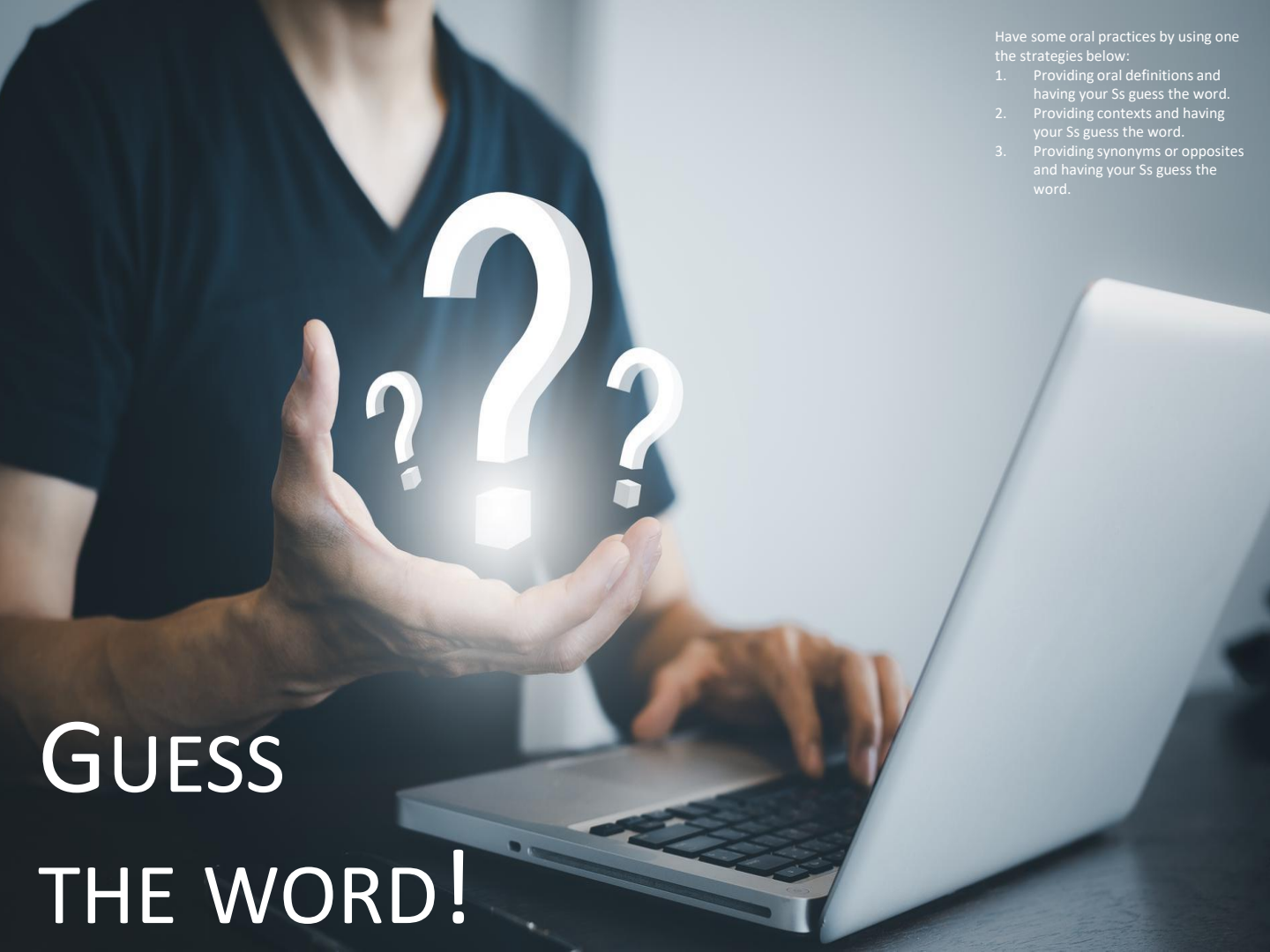
Rest	Exercise	Diet	Other



Activity

B Complete the conversations. Underline the correct answers.

1. A: I am so tired today.
   B: Really? Did you **go for a run / get enough sleep / drink water** last night?
   A: Yes! About seven hours! I am not sure why I am so tired.
2. A: Are you on social media again?
   B: Yes. Look at my friend's pictures!
   A: You should really **put down your device / go for a run / cut down on sugar** sometimes.
3. A: What would you like to do this weekend?
   B: Well the weather is going to be really nice.
   A: Yeah. Let's **drink water / go to the gym / spend time outdoors**.
4. A: I need to leave work early today.
   B: Why?
   A: I am going to go **meditate / drink water / get a check-up** at the doctor's.
5. A: Would you like to **go for a run / follow a balanced diet / go to the gym** with me in the park?
   B: I don't know. You are probably a lot faster than me.
6. A: I don't have a lot of energy these days.
   B: Really? Make sure that you **drink water / meditate / put down your device**. This cold weather can make us feel dry.
7. A: Do you like to **go for a run / go to the gym / get enough sleep**?
   B: No, not really. I don't like so many people around when I exercise. I prefer to go for a run.
8. A: What would you like in your coffee?
   B: Just milk. I am trying to **follow a balanced diet / cut down on sugar / drink water.**
9. A: I should not have a big lunch today.
   B: Why not?
   A: I had fast food last night and some cereal with a lot of sugar this morning. I need to **follow a balanced diet / meditate / get a check-up**.
10. A: How often do you **follow a balanced diet / meditate / go for a run**?
    B: I try to sometimes in the morning, but I am too worried about the work day.
    A: Oh, you should try it when you are relaxing before bed.



Have some oral practices by using one the strategies below:

1. Providing oral definitions and having your Ss guess the word.
2. Providing contexts and having your Ss guess the word.
3. Providing synonyms or opposites and having your Ss guess the word.

GUESS THE WORD!

1 VOCABULARY Healthy habits

C PAIRS Talk about a habit from 1A that you don't do but would like to do. How can you make it happen?

I'd like to drink more water. I can fill up a large bottle with water in the morning.

