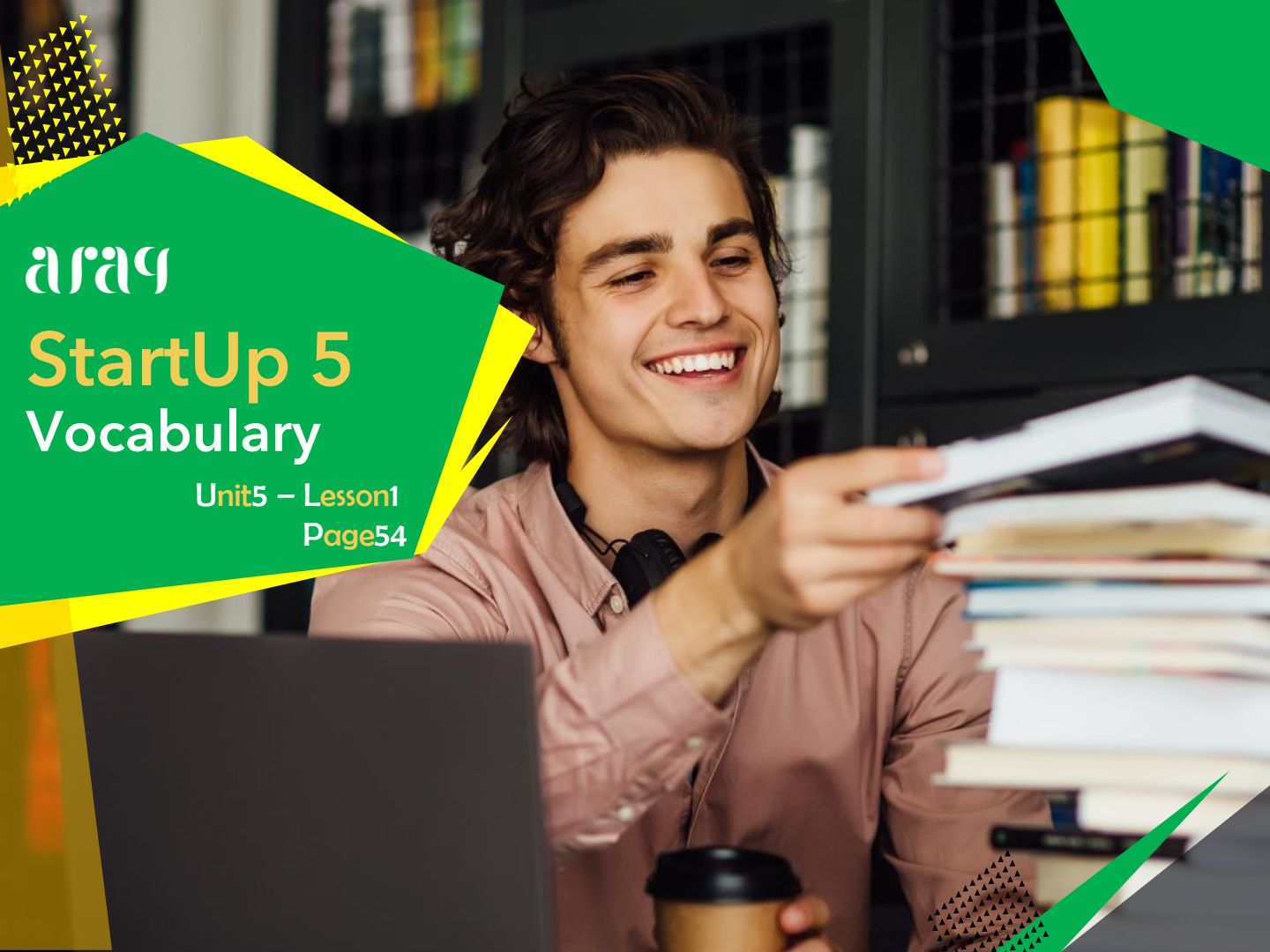


StartUp 5

Vocabulary

Unit5 – Lesson1

Page54

To the teacher

At the end of the lesson, your students must have achieved all the targets below.
During the unit, plan your productive tasks to cover them.



5 DO YOU BELONG TO A GYM?

LEARNING GOALS

In this unit, you

- talk about health resolutions
- describe symptoms and injuries
- discuss sleep habits
- read about the habits of top athletes
- write about bad habits

Elicit some sentences from your students about the picture. Ask your students to talk about the questions.

GET STARTED

A Look at the photo. What's going on?

B Now read Ahmet's message. What kind of habits does he want to start?



AHMET TANIR

@AhmetT

I've been thinking about my health lately. Time to start some new habits!

Have your Ss do the task for a couple of minutes. Then check the answers in class.

MATCH the words with the meanings.

1. Practice meditation
2. Get more sleep
3. Spend time in nature
4. Get more exercise
5. Drink more water
6. Get regular checkups
7. Eat healthier food
8. Stop drinking soda

: a) Drink less soda
: b) Engage in regular meditation sessions
: c) Increase physical activity
: d) Schedule and attend routine medical examinations
: e) Increase daily water intake
: f) Choose more nutritious meals
: g) Increase the amount of sleep obtained each night
: h) Engage in outdoor activities surrounded by natural environments

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



AHMET TANIR

@AhmetT

I try to be healthy, but sometimes it's so hard! 😕

1 VOCABULARY Healthy living

A ▶ 05-01 Listen. Then listen and repeat.



stop drinking soda


get more exercise


drink more water


get more sleep


practice meditation


get regular checkups


eat healthier food


spend time in nature

B ▶05-02 Listen. What advice is the person giving? Circle the correct answer.

1.	a. get more exercise	b. practice meditation	c. spend time in nature
2.	a. stop drinking soda	b. eat healthier food	c. drink more water
3.	a. get more sleep	b. get more exercise	c. drink more water
4.	a. practice meditation	b. eat healthier food	c. get more exercise
5.	a. get regular checkups	b. get more sleep	c. spend time in nature
6.	a. drink more water	b. eat healthier food	c. practice meditation
7.	a. get regular checkups	b. spend time in nature	c. stop drinking soda
8.	a. eat healthier food	b. practice meditation	c. drink more water



stop drinking soda


get more exercise


drink more water


get more sleep


practice meditation


get regular checkups


eat healthier food


spend time in nature

Write the correct suggestions from the box for each of the concerns.

Drink more water.	Get regular checkups.	Eat healthier food.	Practice meditation.
Get more exercise.	Spend time in nature.	Get more sleep.	Stop drinking soda.

1. When I woke up today, I had two cups of coffee and a piece of toast. I didn't have time for lunch, but I drank more coffee because I was thirsty. Then, for dinner, I met friends for pizza and had some soft drinks.

Suggestions:

a. _____

b. _____

c. _____

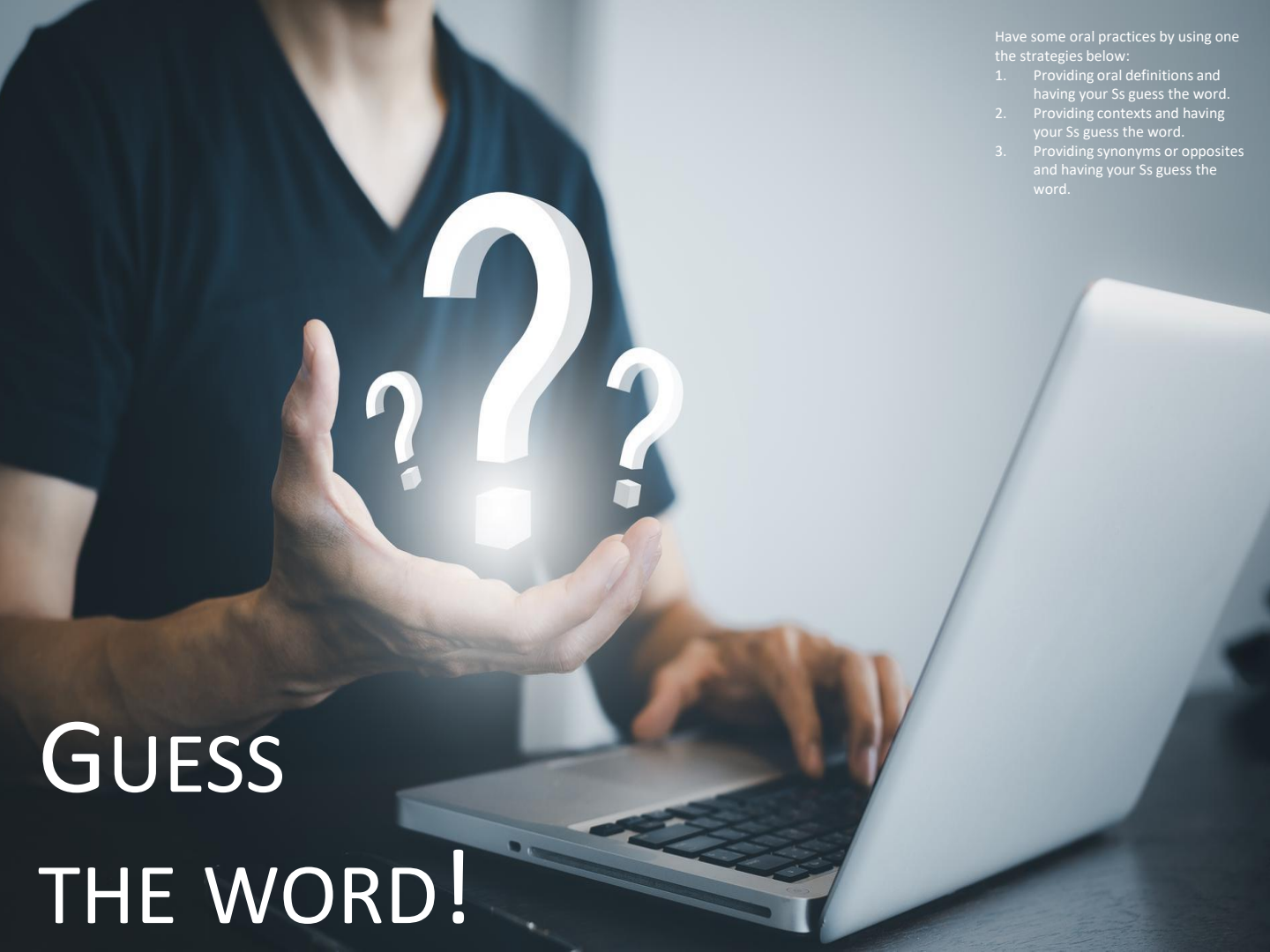
2. I live close to work, but I prefer driving to walking. At work, I always use the elevator instead of taking the stairs. I belong to a gym, but I never go. I need to see a doctor, but I haven't found one since I moved here a few years ago.

Suggestions:

a. _____

b. _____

Activity



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!

Have the Ss do the task in their breakout rooms.

C PAIRS Give an example of how someone could accomplish each of the health resolutions in 1A.

A: You could stop drinking soda during the week and have it only on weekends.
B: You could get more exercise by walking to work instead of driving.

