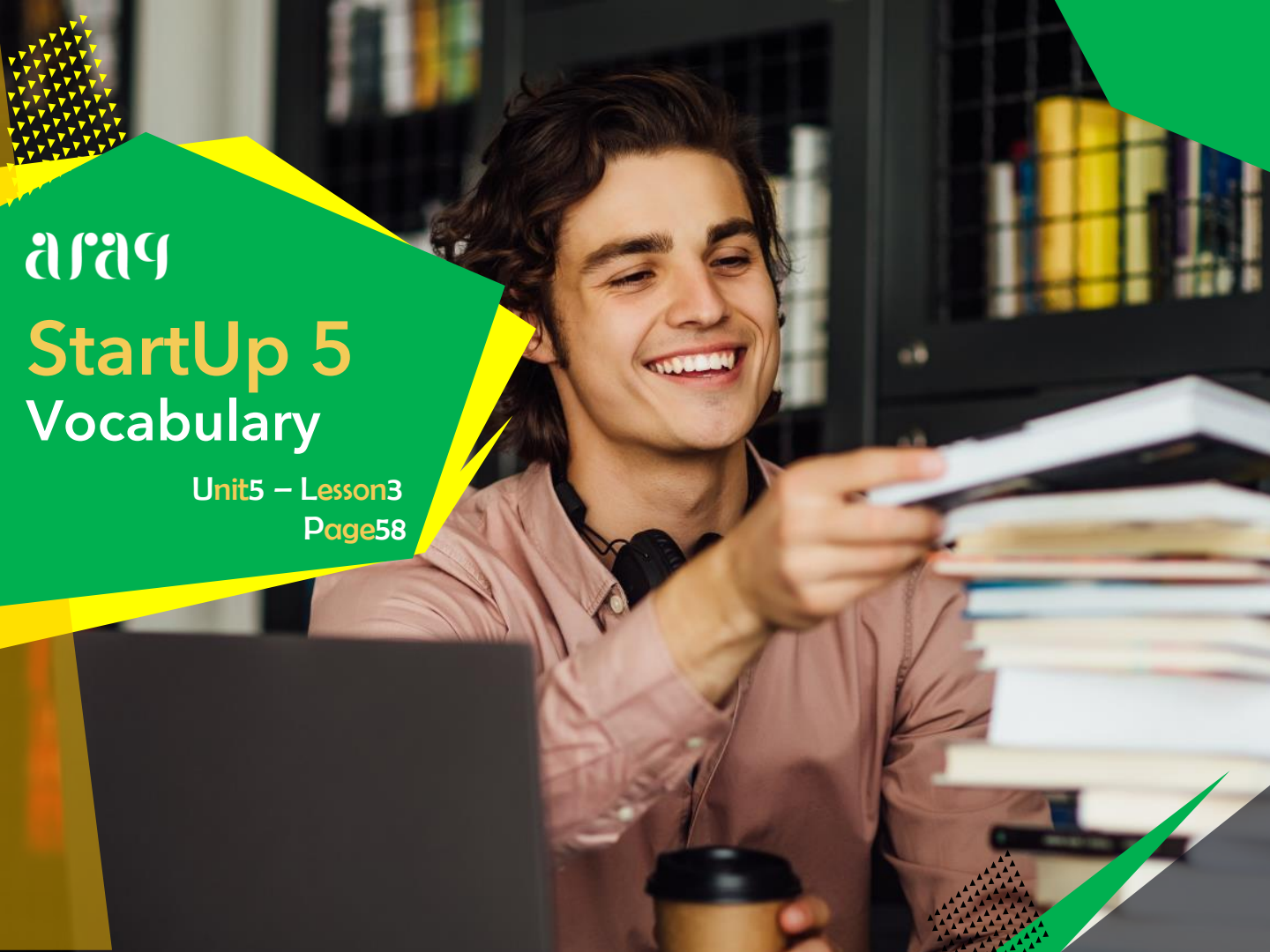


StartUp 5

Vocabulary

Unit5 – Lesson3

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Have the Ss read the chart and answer the question in class.



AHMET TANIR

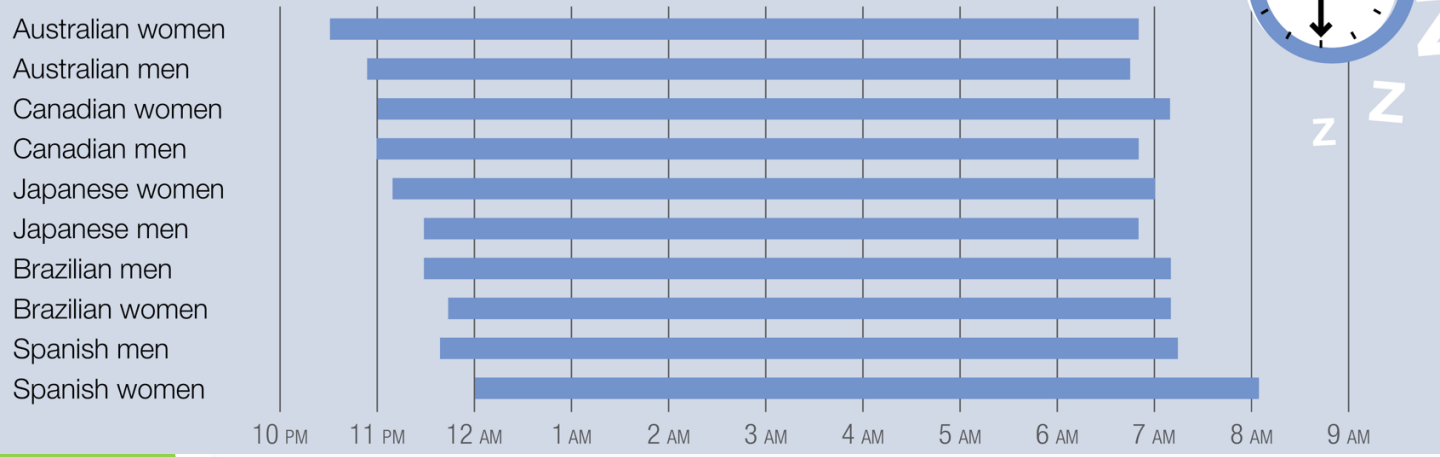
@AhmetT

Did you know that more than 30% of people have trouble falling asleep at night?

1 BEFORE YOU LISTEN

A Read the information in the chart. Which sleep pattern is most similar to yours?

When Do People Sleep?



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

Fill in the blanks.

concentrate	depressed	rest	an illness	a risk	diabetes	heart disease	overweight

1. *Taking a break and allowing your body to recover is essential for good _____.*
2. *When someone is feeling very sad and low, they might be described as feeling _____.*
3. *High levels of sugar in the blood are associated with a condition called _____.*
4. *Cancer is an example of a serious _____ that can affect the body.*
5. *It's important to _____ when you want to pay close attention to something.*
6. *Eating unhealthy food and not exercising can increase the risk of developing _____.*
7. *If someone has more body weight than what is considered healthy, they are said to be _____.*
8. *Smoking is a known _____ factor for various health problems.*

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AHMET TANIR

@AhmetT

Did you know that more than 30% of people have trouble falling asleep at night?

B 05-14 VOCABULARY Listen. Then listen and repeat. Do you know these words?

concentrate: to think very carefully about something you are doing
depressed: very sad
overweight: too heavy
an illness: a sickness or disease
a risk: the chance that something bad might happen
diabetes: a medical condition in which you have too much sugar in your blood
heart disease: an illness affecting the heart
rest: time to relax or sleep

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

C Answer the questions.

1. What is one thing that can make it difficult to concentrate? _____
2. What should people do if they're feeling a little depressed? _____
3. What's the most important thing people should do if they're overweight? _____
4. What is one thing that can contribute to heart disease or diabetes? _____

concentrate: to think very carefully about something you are doing
depressed: very sad
overweight: too heavy
an illness: a sickness or disease
a risk: the chance that something bad might happen
diabetes: a medical condition in which you have too much sugar in your blood
heart disease: an illness affecting the heart
rest: time to relax or sleep

Write words from the box that have the same meaning as the bold words and phrases.

an illness	depressed	heart disease	rest
concentrate	diabetes	overweight	risk

1. My company allows five days off for **sickness**. _____
2. I wish the neighbors would turn down their music! I'm trying to **focus** on my work!

   _____
3. Her brother got out of breath easily, often felt tired, and had chest pain. The doctor did tests and discovered he has **problems with the organ that pumps blood**.

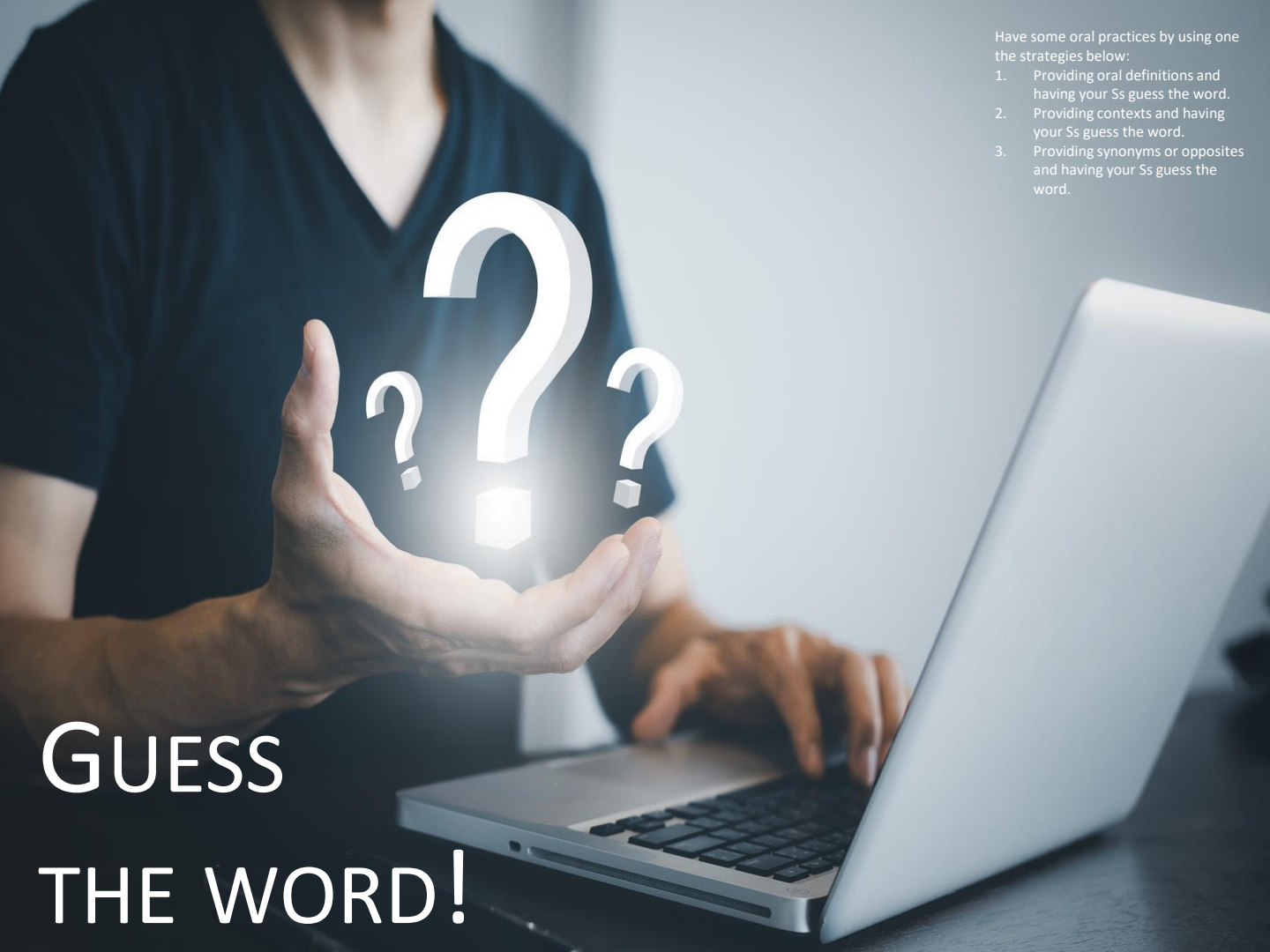
   _____
4. I haven't felt like myself recently. I don't have much energy, and I'm **very sad** most of the time. _____
5. If you don't get enough **sleep**, you'll feel tired the next day.

   _____
6. To decrease your **chances** of getting a serious illness, exercise regularly and eat a healthy diet. _____
7. My doctor recommended I go on a diet because I'm **heavier than I should be**.

   _____
8. My aunt usually skips dessert because she has **problems with her blood sugar**.

   _____

Activity

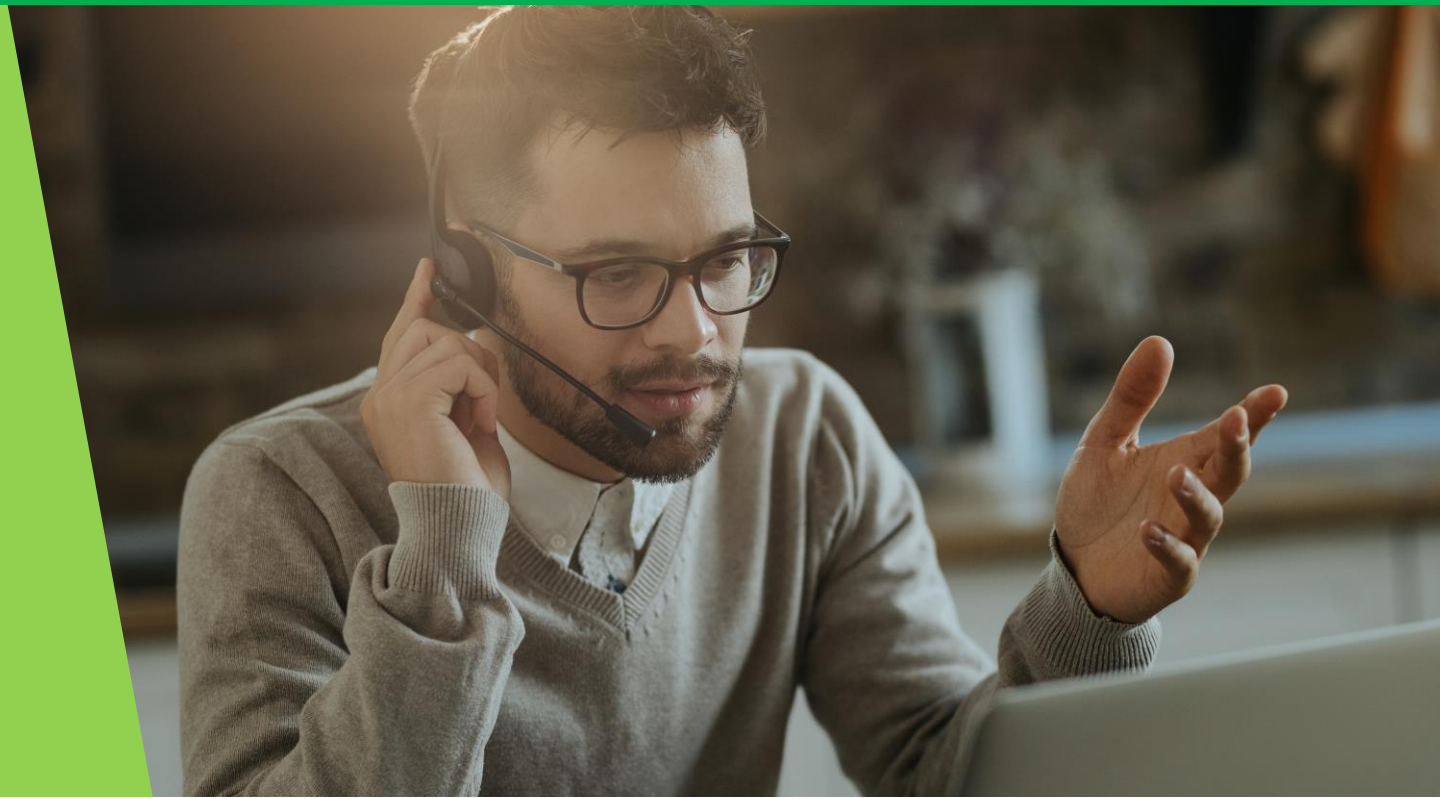


Have some oral practices by using one the strategies below:

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.



D PAIRS Ask and answer the questions in 1C. Do you agree with your partner?

1. What is one thing that can make it difficult to concentrate? _____
2. What should people do if they're feeling a little depressed? _____
3. What's the most important thing people should do if they're overweight? _____
4. What is one thing that can contribute to heart disease or diabetes? _____