

## Healthy body, healthy spirit

TOPIC : health, body, mind, spirit, fitness

LEVEL : intermediate

Time : 45 minutes

Objectives:

- to learn or revise vocabulary connected with healthy body and mind
- to learn about the connection between healthy mind and spirit
- to develop reading, speaking and listening comprehension skills
- to enable students use the Internet to gather specific information

Language functions:

- to exchange ideas about spiritual and mental health
- to understand a written text
- to communicate with others

CLIL: Biology, IT Technology

MATERIALS: websites, worksheets

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
<b>WARM UP</b>	-to get students interested in the topic -to encourage them to work in pairs	<b>PAIR WORK</b> Sts work in pairs. They are given a handout (worksheet 1) with some questions on health. They take turns and ask each other questions. They are encouraged to ask follow up questions to get more details and have a discussion.	Worksheet 1	5min
<b>MAIN PART OF THE</b>	-to develop reading skills - to learn about ways to live healthily -to summarize a text	<b>READING</b> Sts are asked to say how they would describe a healthy lifestyle. They are given a handout (worksheet 2) with some vocabulary taken from a reading text: <b>7 Steps to a Healthy Body and Mind</b> . They have to	Worksheet 2  <a href="http://www.huffingtonpost.com/anca-dumitru/health-">http://www.huffingtonpost.com/anca-dumitru/health-</a>	15 min

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<b>LESSON</b>		<p>translate the words using online dictionaries. After completing the task, they turn to a reading exercise which they can find on this website:  <a href="http://www.huffingtonpost.com/anca-dumitru/health-tips_b_3792302.html">http://www.huffingtonpost.com/anca-dumitru/health-tips_b_3792302.html</a>.</p> <p>Then they have to summarize the whole text and present it to the rest of the class.</p>	<a href="http://tips_b_3792302.html">tips_b_3792302.html</a>	
	<ul style="list-style-type: none"> <li>-to revise vocabulary</li> <li>- to develop listening skills</li> <li>-to learn why it is important to eat healthily</li> </ul>	<p><b>LISTENING</b></p> <p>Sts go to the following website:  <a href="http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html">http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html</a>.</p> <p>They are asked to go to task 2 where they have to watch a short video and see how many tips for healthy eating they can pick out. After that they are asked to do task 3 where they have to watch for the second time and answer some multiple choice questions .</p>	<a href="http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html">http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html</a>	10 min
	<ul style="list-style-type: none"> <li>-to enable students to explore the importance of the connection between mind and body</li> <li>- to develop reading comprehension, vocabulary, and summarizing skills</li> <li>- to enable sts use the Internet to gather information</li> </ul>	<p><b>ONLINE WEBQUEST</b></p> <p>Sts are asked what images spring to their mind when they think of healthy body and spirit.</p> <p>They are told that they are going to do a health quiz called <b>How Strong is Your Mind-Body Connection?</b> They go to the following website and complete the quiz. After submitting the answers, they receive their score which they have to share with the rest of the class.</p>	<a href="http://www.beliefnet.com/Health/Quiz/Mind-Body-Connection.aspx">http://www.beliefnet.com/Health/Quiz/Mind-Body-Connection.aspx</a>	10 min
<b>WRAP - UP/ CLOSURE</b>	<ul style="list-style-type: none"> <li>-to revise vocabulary which sts came across during the lesson</li> </ul>	<p><b>WORDSEARCH</b></p> <p>Students get worksheet 3 with a word search featuring words related to healthy body and mind . If time does not allow to do it in the classroom, they will do it as their homework.</p>	Worksheet 3	5 min

### SOURCES:

<http://www.beliefnet.com/Health/Quiz/Mind-Body-Connection.aspx>

<http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html>

[http://www.huffingtonpost.com/anca-dumitru/health-tips\\_b\\_3792302.html](http://www.huffingtonpost.com/anca-dumitru/health-tips_b_3792302.html)

[www.busyteacher.com](http://www.busyteacher.com)