

Calculate your BMI

TOPIC : weight, overweight, underweight, slim, health, illness

LEVEL : intermediate/ upper intermediate

Time : 45 minutes

Objectives:

- to learn or revise vocabulary connected with being underweight and overweight
- to learn about healthy body mass
- to develop reading, speaking and listening comprehension skills
 - to enable students use the Internet to gather specific information

Language functions:

- to exchange ideas about being underweight and overweight
- to understand a written text
 - to communicate in English

CLIL: Biology, Math, IT Technology

MATERIALS: websites, worksheets

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
WARM UP	-to get students interested in the topic -to encourage them to work in pairs	PAIR WORK Speaking work in pairs. They are given a handout (worksheet 1) with some questions on weight and health. They take turns and ask each other questions. They are encouraged to ask follow up questions to get more details.	Worksheet 1	5 min
MAIN PART OF THE LESSON	-to develop reading comprehension skills - to share ideas with fellow students	READING COMPREHENSION Sts are asked to give a definition of BMI - Body mass index. If they find it too difficult they can browse the web to find the answer. Sts are told that they are going to read a text on the problem of being underweight. They get a handout (worksheet 2)	Worksheet 2 http://www.nhs.uk/Livewell/Goodfood/Pages/Underweightadults.aspx	5 min

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		with some vocabulary they have to translate before reading the text and also a few questions they will have to answer after completing the task. After completing the task, they have to share their answers with their partners.		
	-to revise vocabulary	ONLINE QUIZ Sts are asked what they think of their weight and whether they take care of it. They go to the following website: http://www.quiztron.com/tests/skinny_thin_average_quiz_187697.htm and take a quiz titled Are you skinny, thin, average, chubby, fat, or obese? They are asked to complete the questions and submit the score but not to take it too seriously☺))	http://www.quiztron.com/tests/skinny_thin_average_quiz_187697.htm	5 min
	- to develop reading comprehension, vocabulary, and summarizing skills - to enable sts use the Internet to gather information	WEBQUEST – OVERWEIGHT PROBLEMS Each student receives a handout (worksheet 3) with a number of questions they have to complete and a list of websites they can visit to answer them. They are told that they can visit different websites as well. After accomplishing the task, students present their findings to the rest of their classmates.	worksheet 3	20 min
WRAP - UP/ CLOSURE	-to revise vocabulary which sts came across during the lesson	CALCULATE YOUR BMI! Sts are asked to go to the following website: http://fit.webmd.com/teen/bmi/calc-bmi and calculate their BMI, that is Body Mass Index. They will also have to use an online metric converter: http://www.worldwidemetric.com/measurements.html	http://fit.webmd.com/teen/bmi/calc-bmi http://www.worldwidemetric.com/measurements.html	5 min

SOURCES

<http://fit.webmd.com/teen/bmi/calc-bmi>

http://www.quiztron.com/tests/skinny_thin_average_quiz_187697.htm

<http://www.esldiscussions.com/w/weight.html>

<http://www.nhs.uk/Livewell/Goodfood/Pages/Underweightadults.aspx>

<http://www.worldwidemetric.com/measurements.html>