

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
WARM UP	-to get students interested in the topic -to encourage them to work in pairs	PAIR WORK 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
MAIN PART OF THE	-to develop reading skills - to learn about ways to live healthily -to summarize a text	READING 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: 7 Steps to a Healthy Body and Mind . They have to	Worksheet 2 http://www.huffingtonpost.com/anca-dumitru/health-	15 min

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LESSON		translate the words using online dictionaries. After completing the task, they turn to a reading exercise which they can find on this website: http://www.huffingtonpost.com/anca-dumitru/health-tips_b_3792302.html . Then they have to summarize the whole text and present it to the rest of the class.	tips_b_3792302.html	
	-to revise vocabulary - to develop listening skills -to learn why it is important to eat healthily	LISTENING Sts go to the following website: http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html . 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 .	http://www.esolcourses.com/content/topics/food/healthy-eating/healthy-eating-lesson-activities.html	10 min
	-to enable students to explore the importance of the connection between mind and body - to develop reading comprehension, vocabulary, and summarizing skills - to enable sts use the Internet to gather information	ONLINE WEBQUEST Sts are asked what images spring to their mind when they think of healthy body and spirit. They are told that they are going to do a health quiz called How Strong is Your Mind-Body Connection? 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.	http://www.beliefnet.com/Health/Quiz/Mind-Body-Connection.aspx	10 min
WRAP - UP/ CLOSURE	-to revise vocabulary which sts came across during the lesson	WORDSEARCH 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.	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

www.busyteacher.com