

Unit 3

Healthy Life

Learning Objectives :

In the end of this chapter,

1. Students are able to make use of the given vocabularies into sentences
2. Students are able to recommend about healthy lifestyle
3. Students are able to identify the expression of giving advice using modal auxiliaries (can, shall, ought to and had better)
4. Students are able to apply suggestion in a short paragraph about healthy lifestyle to those in need

Activity 1|| Vocabulary Building

Task 1. Read the following vocabularies and make some sentences using these vocabularies above!

Stress – Healthy – Hot - Nutrition – Workout – Itchy - Energy - Height – Lazy – Physical – Lifestyle – Weight – Important - Thin

1.

2.

Activity 2|| Reading Spot

Task 1. Read the text of *Maintaining a Healthy Lifestyle During COVID-19!*

Maintaining a Healthy Lifestyle During COVID-19



Source : <https://www.circlehealth.co.uk/news/maintaining-a-healthy-lifestyle-during-covid-19>

During times of stress and uncertainty, it can be easy to fall into bad habits, neglecting already established healthy routines. Maintaining a healthy lifestyle supports your mind and body, making you better equipped to deal with the difficulties posed by the coronavirus pandemic. Maintaining a healthy immune system is more important than ever.

Many people underestimate the importance of a good diet, but proper nutrition can help to improve your energy levels and your mental health. Making healthy choices wherever possible, such as eating a variety of fruit and vegetables regularly, will help with your overall nutrition. Although they are tempting, try to limit fatty and sugary foods; your body and mind will thank you for it in the long run. Watch this (<https://www.youtube.com/watch?v=DK0bQNZyFpk>) for more information on how to maintain a balanced diet.

When you are busy at work it can be easy to skip breaks and meals. Skipping meals can affect your ability to concentrate and you may find yourself getting headaches and feeling lethargic, so try to make time to eat and ensure you are having something nutritious to restore your energy levels.

When trying to create or maintain healthy habits, it is wise to plan ahead. Life has changed a lot recently and it can be hard to balance everything—meal preparation can really help keep you on track.

As we spend more time at home it is easy to run out of inspiration and face the *what is for dinner* dilemma every evening. To keep things exciting and your healthy eating on track, try planning a few meals in advance or create a weekly menu. This could help you use up some of the ingredients already in your cupboards, and so limiting the time you spend at supermarkets.

Most of the human body is made up of water, so it is not surprising that staying hydrated is important. Studies show that drinking enough water not only helps you maintain a healthy weight, but a healthy body—helping you think more clearly, easing digestion and maintaining energy levels.

It is recommended we drink six to eight glasses of fluids every day. If you are not a fan of water on its own, try adding some fresh lemon, ginger, cucumber or mint to add flavour—this is also great for digestion. It is important to remember that although fruit and vegetable juices and smoothies contain nutrients, they are also high in sugar. You should only drink around 150ml of these a day.

Keeping active is crucial to staying healthy and the endorphins that are released during exercise can make you feel happier too. For most people, social distancing measures will mean having to adapt to new ways of exercising and staying active, but it is still possible to have a great workout at home. There are many great fitness materials available online. Try searching on YouTube for a *Home workouts*.

If stress makes you crave salty and fatty foods or causes you to overeat, you are not alone. Many people find that the 80/20 approach, which involves making healthy choices 80% of the time, is an attainable way to maintain a healthy lifestyle. Do not deprive yourself completely but try to stick to healthy choices most of the time.

Keeping healthy and nutritious snacks nearby will ensure you do not head straight to the biscuit tin at the slightest hunger pang. A little bit of the foods you fancy is good, however, remember that balance is key.

Sleep is often one of the first things to suffer when our routines change. Try to keep to regular sleep patterns to ensure you're getting the recommended 7-9 hours a night. Getting enough sleep improves your overall health and protects your mental wellbeing. Studies have shown that sleeping well can make you happier, improve your memory and help you maintain a healthy weight. A good night sleep can also boost your immune system. Sometimes you will have bad days and you will make unhealthy choices. This is a really difficult time for everyone. It is OK not to be OK. There is no right way to respond to what is happening and no doubt other people are feeling the same way as you, so reach out to friends and family for support if you need it.

Task 2. Match the phrase from number 1 to number 4 with the list of meanings from A to D!

Phrase	Suggestions
1. A Good Diet	A. Have a great workout at home
2. Keeping Active	B. Drinking enough water every day
3. Eating Dillema	C. Planning a few meals in advance or create a weekly menu
4. Sleep Well	E. Eat regularly and try to limit fatty and sugary foods
5. Stay Hydrated	F. Try to keep to regular sleep patterns (7-9 hours a night)

Task 3. Determine the sentences true (T) or false (F) according to the text!

1. Skipping breakfast can affecting your body (F/T)
2. You had better not eat too many junk food if you want to stay healthy (F/T)

3. You have to drinking six to eight glasses of fluids every day to stay hydrated (F/T)
4. You must having workout at outdoor area when social distancing without mask (F/T)
5. Teenagers can eat everything to keeping healthy (F/T)

Activity 3 | Fun Grammar

Modal Auxiliary

Modal auxiliary is a verb that is placed before the main verb and is used to modify the meaning of the main verb. It is used to express advice, habits, prohibition, asking for permission, ability, probability, obligation, lack of obligation, request, etc.

Here's a list of the Modal Verbs!

Present	Past
Can	Could
Shall	Should
May	Might
Ought to	-
Had better	-

Modals are different with normal verbs,

- They do not use 's' for the third person singular
- They make questions by inversion

Example: He can come → Can he come?

- They are followed directly by the infinitive of another verb (without 'to')

For example: (expressing advice)

1. If you have coronavirus symptoms, you **should** isolated with your family
2. You **can** plant the tree in the fertile land
3. You **ought to** take english course to if you want to improve your english skill

Task 1. Complete the gaps with the correct modals: **could**, **should**, **ought to**, or **had better**

1. They _____ not understand if they didn't pay close attention
2. You have gotten a lot of C's on your exams. You _____ study harder.
3. She _____ pick her daughter up every class.
4. You _____ go to the train station now, or you will be late.

Activity 4 | Exploration

Look at the pictures and create a sentence for giving suggestions that matches the pictures.



a. _____



b. _____



c. _____



d. _____



e. _____



f. _____