



CANADIANDREAM
LANGUAGE TRAINING CENTRE



HEALTH 2

Intermediate





VOCABULARY LESSON: HEALTH

Warm-up questions

1. What does it mean to be healthy?
2. What do you do to stay healthy?
3. Do you take vitamin supplements?
4. What do you do when you catch a cold? Have a headache?
5. Do you take medicine soon when you don't feel well?
6. Are there any medicines that you always carry around with you?



READ THE PASSAGE TO ANSWER THE QUESTIONS



READING PASSAGE: Summer sun safety

It is fun to sit or play *in the sun*.

But, *too much sun* can be harmful.

We can get *sunburned* on cloudy days, too.

Too much heat can lead to *health problems*.

People can get *stroke, heat exhaustion, skin cancer, or eye disease*.



Questions:

1. Why is too much sun harmful?
2. What does it mean 'get sunburned'?
3. Have you ever had health problems because of too much heat?

CONTINUE WITH THE NEXT SLIDE



READING PASSAGE: Protect your children and yourself in the sun

Good news!

There are easy ways *to protect* your children and yourself.

Try to stay indoors between 10 a.m. to 4 p.m.

This time is when the sun is the hottest.



When you are outside, sit under trees.

Children need shady areas to play.

If you cannot keep out of the sun,
use “*sun smart*” clothing and *sunscreen*.”



Questions:

1. What time is the hottest part of the day?
2. What does ‘sun smart’ clothing mean?
3. Do you think sunscreen can protect us from too much heat?



CANADIAN DREAM
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Listening Time:



Audio file:  health1.mp3

Link: <https://www.eslfast.com/easydialogs/ec/health09.htm>

Get ready to answer the questions below:

1. What are they discussing?
2. What is the woman's problem?
3. What does the man advise the woman?



Listening Time:

Listen again to the audio file:



health01.mp3



Listening

Link:

<https://www.eslfast.com/easydialogs/ec/health01.htm>

Get ready to answer the questions below:

1. What is the man's problem?
2. What did the man eat for breakfast?
3. What is the woman's advice to him?



LET'S DESCRIBE THE PICTURE

TELL THE STORY

USEFUL WORDS:

- pain
- to see the doctor
- costly/expensive
- procrastinate
- hospital bill



Let's describe the picture

Tell the story

Useful words:

- Walk
- Drive a taxi
- Have a snack
- Get overweight

What Happened to My Body?





LISTENING ACTIVITY and QUIZ TIME



<https://www.talkenglish.com/listening/lessonlisten.aspx?ALID=21>

