

SMART JUNIORS 1

The Keys to a Healthy Lifestyle

Lesson 19 Topic Vocabulary



TOPIC DISCUSSION






















- There are a lot of factors affecting our health. In your opinion, **what are the four most important factors?** Why?



Diet and Sports

- **Josh is a little heavy and is struggling with losing weight. Can you help him choose suitable exercises for his weekly plan?**



Days of the Week	Exercises for the Day		Healthy Food RECO
Monday	<input type="checkbox"/> jogging 	<input type="checkbox"/> marathon 	yogurt 
Tuesday	<input type="checkbox"/> tennis 	<input type="checkbox"/> ice hockey 	mushroom 
Wednesday	<input type="checkbox"/> aerobics 	<input type="checkbox"/> gymnastics 	strawberry 
Thursday	<input type="checkbox"/> mountain biking 	<input type="checkbox"/> cycling 	lemonade 
Friday	<input type="checkbox"/> surfing 	<input type="checkbox"/> baseball 	spinach 
Saturday	<input type="checkbox"/> rollerblading 	<input type="checkbox"/> golf 	salmon 
Sunday	<input type="checkbox"/> skateboarding 	<input type="checkbox"/> skiing 	broccoli 

VOCABULARY LEARNING

Sleep & Mood

Your sleeping quality also influences your mood and health.

Talk about the words below and associate them with different sleeping statuses.

nightmare



tired



anxious



dizzy



feeling well



stressful



exhausted



energetic



recovered



awake



good sleep



troubled sleep

■ Read the definition and complete the word.

01 doing exercise by using a bicycle

➔ C _____ ing

02 the activity of running at a slow, regular speed

➔ j o _____ ing

03 the activity or sport of moving on skis

➔ sk _____ ng

04 making you feel worried and nervous

➔ str _____ ss _____

05 having or involving a lot of energy

➔ en _____ g _____ tic

06 a very upsetting or frightening dream

➔ nightm _____

go, do, or play?



We usually use the verbs “go”, “do”, and “play” to describe sporting activities.

go + doing for outdoor activities

do + noun for sports we do alone

play + ball for sports that use balls

go + doing for outdoor activities

I'd like to _____ (horse ride) tomorrow.

We _____ (mountain climb) last Sunday.

do for sports/ activities we do alone

They _____ (gymnastics) as a warm-up.

_____ (aerobics) is great for losing weight.

play + ball for sports that use balls

They decided to _____ (volleyball) that afternoon.

To be honest, I like _____ tennis more than _____ basketball.

PRACTICE TIME

- Categorize these sports based on the verbs **go**, **do**, or **play**.

go

do

play

athletics

skateboarding

gymnastics

ice hockey

basketball

skiing

golf

aerobics

surfing

cycling

baseball

fishing

swimming

jogging

climbing

tennis

■ **Underline the error and correct it.**

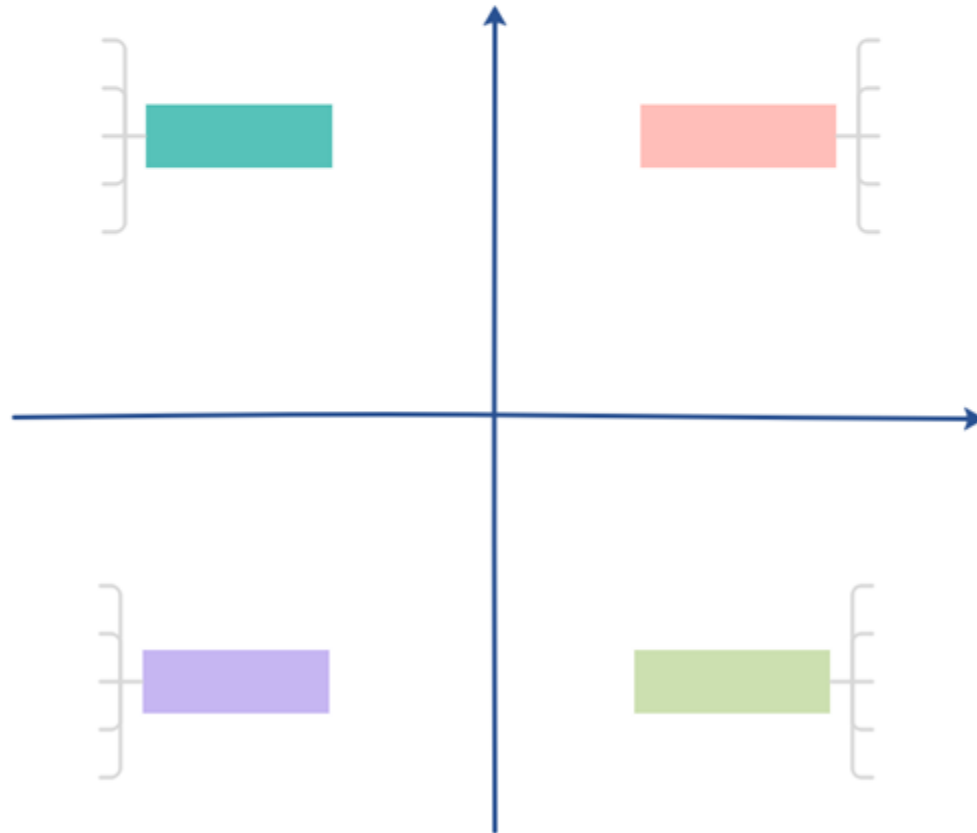
1. I made aerobics in the morning to keep fit.
2. In winter, you can do skiing.
3. We have done baseball and feel a little tired.
4. They make gymnastics and other activities in their spare time.
5. I practice mountain climbing once a week.

VOCABULARY SUMMARY

STEP 1

Today we learned **four important aspects** that influence our health. Let's recall what they are.

The Four Cornerstones of Health



“A mind map can help us organize all the topic vocabulary together!”



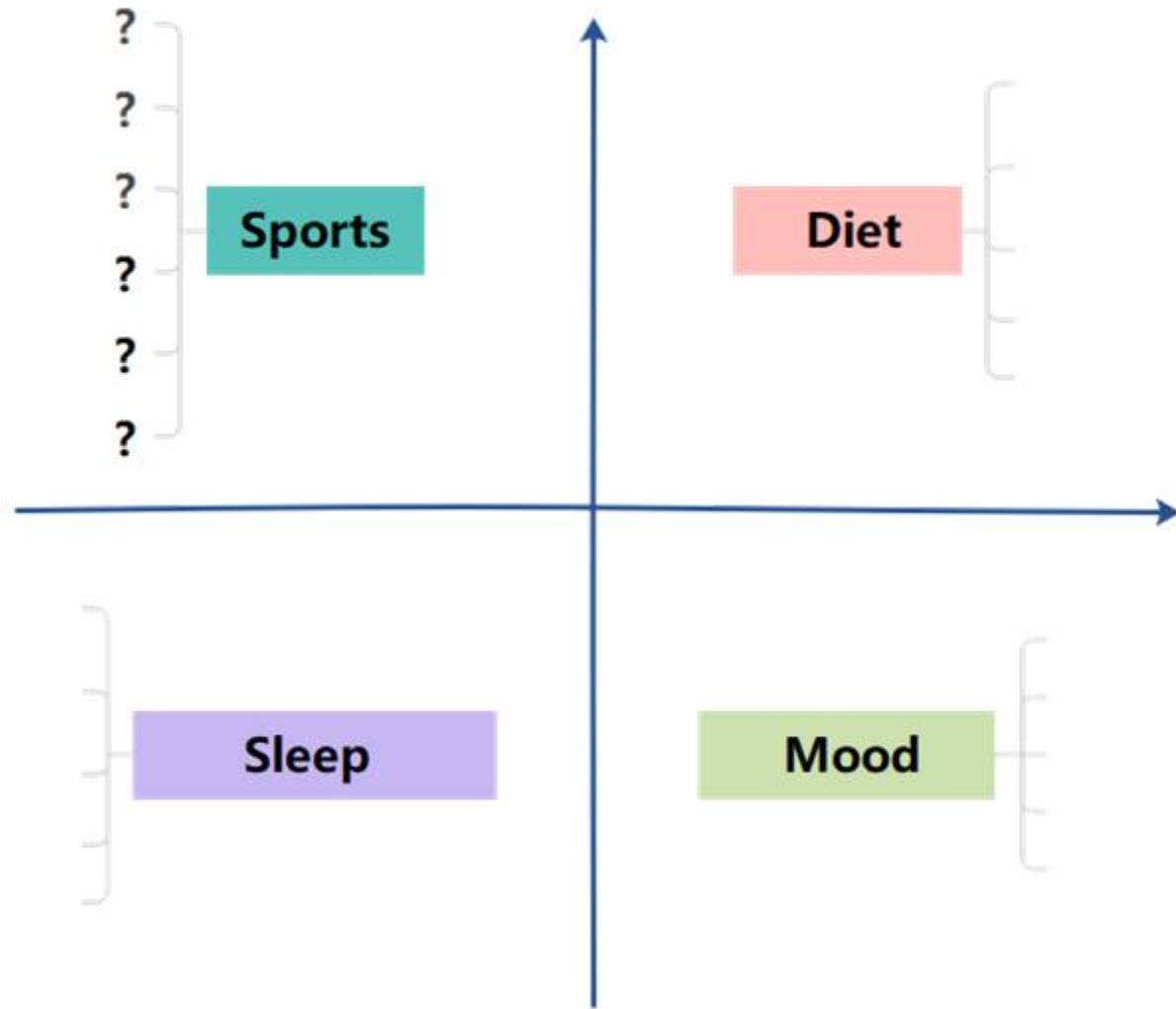
VOCABULARY SUMMARY

STEP 2

Think about the different sporting activities we learned today. List them as branches for "SPORTS".



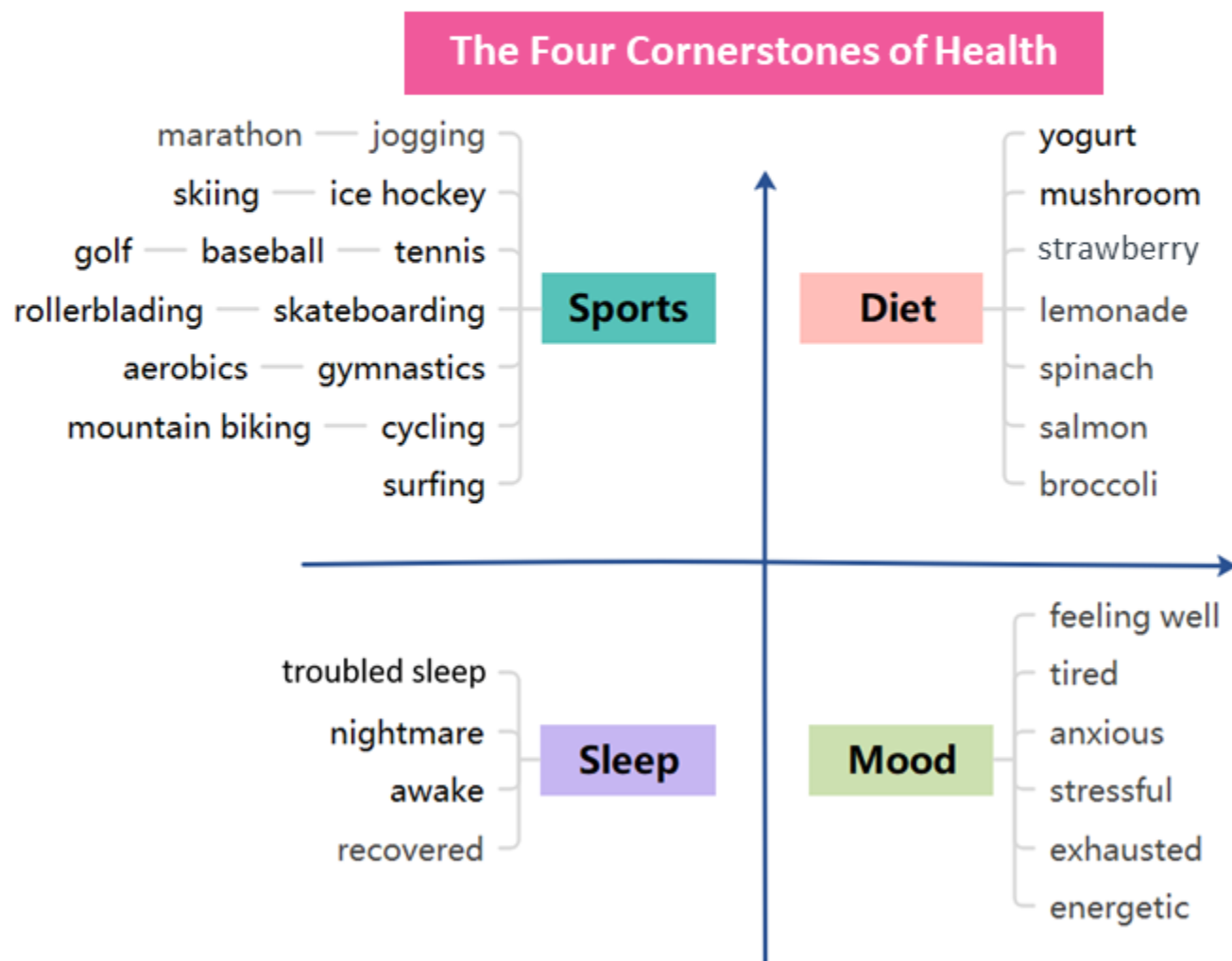
The Four Cornerstones of Health



VOCABULARY SUMMARY

STEP 3

List all the details for each branch and complete the mind map.





- **Create your vocabulary mind map of health cornerstones!**

Option 1

You can draw your own mind map.

Option 2

Find the mind map in your student book and finish it.





WHAT'S NEXT...

In the next lesson, we're going to read an essay about "The Keys to a Healthy Lifestyle." See you next time!