

SMART JUNIORS 1

The Keys to a Healthy Lifestyle

Lesson 20

Read for Main Idea



Academic Vocabulary

maintain



v. to continue to have, to keep
in good condition

fulfilling



adj. making you feel happy
and satisfied

hydrated



adj. having absorbed enough
water or other liquid

Read the definitions and complete the sentences.



Have a try!

1. Drinking enough water every day is important to stay _____ and healthy.
2. Regular exercise can help _____ a healthy weight and improve overall fitness.
3. Saving animals is a _____ experience because I get to help animals in need.

Academic Vocabulary

beneficial



adj. helpful, useful, or good for something

chronic



adj. continuing for a long time (especially of a disease or something bad)

essential



adj. extremely important or necessary

Read the definitions and complete the sentences.



Have a try!

1. Eating a balanced diet with plenty of fruits and vegetables is _____ for good health.
2. Water is _____ for human survival.
3. A _____ disease causes a serious impact on your body and has negative effects over a long time.

The Keys to A Healthy Lifestyle

Maintaining a healthy lifestyle is an essential aspect of living a fulfilling life. A healthy lifestyle not only keeps our body fit but also contributes to our mental and emotional well-being. What are the key secrets to building a healthy lifestyle?

Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.

Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.

Furthermore, getting enough sleep is crucial for mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.

Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.

In conclusion, achieving a healthy lifestyle requires maintaining a balanced diet, engaging in regular physical activity, getting enough sleep, and managing stress effectively. By taking care of ourselves, we can live a long, happy, and fulfilling life.

Predict From the Title

- Look at **the title** of the essay and answer.

- What is the essay's title?
- Which picture do you think is more related to the title?

A



B



- Listen and read the essay. Think about **the main idea of the essay**.

The Keys to a Healthy Lifestyle

- ▶ Maintaining a healthy lifestyle is an essential aspect of living a fulfilling life. A healthy lifestyle not only keeps our body fit but also contributes to our mental and emotional well-being. What are the key secrets to building a healthy lifestyle?
- ▶ Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.



READ FOR MAIN IDEA

▶ Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.



▶ Furthermore, getting enough sleep is crucial for optimal mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.



READ FOR MAIN IDEA

- ▶ Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.
- ▶ In conclusion, achieving a healthy lifestyle requires maintaining a balanced diet, engaging in regular physical activity, getting enough sleep, and managing stress effectively. By taking care of ourselves, we can live a long, happy, and fulfilling life.



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The Main Idea

- What do you think is the main idea of the essay?

- A** the importance of consuming enough water and participating in team sports
- B** key factors for maintaining a healthy lifestyle
- C** the benefits of physical activities

The Keys to a Healthy Lifestyle | **Paragraph 1**

Maintaining a healthy lifestyle is an essential aspect of living a fulfilling life. A healthy lifestyle not only keeps our body fit but also contributes to our mental and emotional well-being. What are the key secrets to building a healthy lifestyle?

Main Idea for Paragraphs

- **Skim Paragraph 1 and underline the sentences that:**
 1. introduce the topic
 2. lead to the next paragraph (the main body)

SKILL

Paragraph 1 **introduces the topic** and **leads to the main body** of the essay.



READ FOR MAIN IDEA

The Keys to a Healthy Lifestyle | **Paragraph 2**

Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.

- **Skim Paragraph 2. Find the main idea and complete the map below.**

The Main Idea:

It is critical to

_____.

Point 1:

eating a
variety of food

Point 2:

consuming
enough water

READ FOR MAIN IDEA

The Keys to a Healthy Lifestyle | **Paragraph 3**

Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.

- **Skim Paragraph 3. Find the main idea and complete the map below.**

The Main Idea:

Point 1:

Team sports can improve our energy levels and make friends closer to each other.

Point 2:

Individual sports can allow you to enjoy the fun of exercise by yourself.

READ FOR MAIN IDEA

The Keys to a Healthy Lifestyle | **Paragraph 4**

Furthermore, getting enough sleep is crucial for mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.

- **Skim Paragraph 4. Find the main idea and complete the map below.**

The Main Idea:

Point 1:

7-8 hours
sleeping time

Point 2:

a proper sleep
routine

READ FOR MAIN IDEA

The Keys to a Healthy Lifestyle | **Paragraph 5**

Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.

- **Skim Paragraph 5. Find the main idea and complete the map below.**

The Main Idea:

Point 1:

practicing relaxation techniques

Point 2:

engaging in fun activities

SKILL

A standard paragraph usually gives the main idea first, then uses details to support the main idea.



The Keys to a Healthy Lifestyle | **Paragraph 6**

In conclusion, achieving a healthy lifestyle requires maintaining a balanced diet, engaging in regular physical activity, getting enough sleep, and managing stress effectively. By taking care of ourselves, we can live a long, happy, and fulfilling life.

- **Skim Paragraph 6. Can you find one sentence that includes all the main ideas of paragraphs 2, 3, 4, and 5 in it? Please underline it.**

SKILL

The last paragraph of the essay summarized the main ideas of the previous paragraphs.





Academic Vocabulary



maintain



fulfilling



hydrated



beneficial



chronic



essential

Read for Main Idea

SKILLS

1. Paragraph 1 **introduces the topic** and **leads to the main body** of the essay.
2. A standard paragraph usually **gives the main idea first, then uses details to support the main idea.**
3. The last paragraph of the essay **summarizes the main ideas of the main body paragraphs.**





WHAT'S

NEXT...

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