

Lesson Plan: Health Survey

Duration: 60 minutes

Course: Breakthrough

Unit 3: Healthy Eating

Lesson 1: Health Survey

Objective: By the end of this lesson, students will be able to use the simple present and present continuous to describe their daily routines and current actions. They will also learn to differentiate between time expressions commonly used with these tenses and assess their own health habits.

Materials:

- Health survey worksheet
- Magazine survey text
- Naomi and Carlos descriptions
- Paper and writing materials

Warm-Up: (5 minutes)

1. Begin by discussing the topic of health and asking students what they believe are important habits for staying healthy.

Activity 1: Taking a Health Survey (5 minutes)

1. Distribute the health survey worksheet.
2. Instruct students to complete the survey to assess how healthy they consider themselves.
3. Allow them some time to complete the survey.

Activity 2: Present Simple vs. Present Continuous (5 minutes)

1. Explain the difference between the present simple and the present continuous tenses.
2. Provide examples of regular or routine activities (present simple) and activities in progress (present continuous).
3. Discuss the structure and use of each tense.

Activity 3: Time Expressions (10 minutes)

1. Present different time expressions to the students.
2. Discuss whether each expression is commonly used with the present simple or present continuous.
3. Clarify any questions or doubts students may have.

Activity 4: Complete with Verbs (10 minutes)

1. Provide Naomi's description and ask students to complete her answers with the correct form of the verbs in brackets.
2. Discuss the completed answers as a class.



Activity 5: Healthy or Unhealthy? (10 minutes)

1. Read the descriptions of Naomi and Carlos with the students.
2. Ask students to decide if Naomi is healthy or unhealthy based on the information provided.
3. Discuss the reasons for their choices.

Activity 6: Reflecting on Personal Habits (10 minutes)

1. Encourage students to think about their own lifestyles and health habits.
2. Ask them to write about the things they do to stay healthy, drawing from the examples provided in the lesson.

Wrap-Up: (5 minutes)

1. Discuss some of the health habits students mentioned in their reflections.
2. Summarize the key points of the lesson and answer any questions students may have.

Reminder:

Remind students to practice on the Erudite online platform as part of their ongoing language development.

Homework: Assign students to keep a diary of their daily activities for one day, using the present simple and present continuous tenses to describe their routines.

Assessment: Evaluate students based on their completion of the health survey, their ability to differentiate between the present simple and present continuous tenses, their understanding of time expressions with each tense, and their ability to reflect on their personal health habits using the tenses learned.

