



# A healthy lifestyle

Tutor Resources for the AMEP

Health

Intermediate

## **Tutor Resources for the AMEP**

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Theme:

Health

Topic:

A healthy lifestyle

| Task  | Language focus   | Learning activities  | Resources   |
|---|--|--|---|
| 1. Can understand information relating to a healthy lifestyle | <b>Vocabulary</b><br>healthy, weight, diet, regular, exercise, energetic, moderate, vitamins, minerals, constipation, wholemeal, processed, saturated fats, fibre, cholesterol, clog up, arteries, calories, nutrients, consume, couch potato, moderate, sedentary, depression, anxiety, premature, accumulate | Discuss healthy lifestyles<br><br>Read about a healthy diet<br><br>Form collocations<br><br>Write about their diet<br><br>Read about the benefits of exercise<br><br>Match meanings to phrases<br><br>Match idioms to meanings<br><br><b>Extension</b><br>Do some physical exercises | Worksheet 1: Talking about a healthy lifestyle<br>Worksheet 2: A healthy diet<br>Dictionary<br>Worksheet 3: Make a move<br>Worksheet 4: Health idioms |

Theme: **Health**Topic: **A healthy lifestyle****Task 1:** Can understand information relating to a healthy lifestyle**Vocabulary:** healthy, weight, diet, regular, exercise, energetic, moderate, vitamins, minerals, constipation, wholemeal, processed, saturated fats, fibre, cholesterol, clog up, arteries, calories, nutrients, consume, couch potato, moderate, sedentary, depression, anxiety, premature, accumulate**Activity instructions***Discuss healthy lifestyles*

- 📄 Worksheet 1: Talking about a healthy lifestyle  
Read the questions together and discuss.  
Explain any unfamiliar vocabulary.

*Read about a healthy diet*

- 📄 Worksheet 2: A healthy diet
- 📄 Dictionary  
Read the title of the text. Ask: Do you think you have a healthy diet? Why?

- A. Learner reads the words in the box.  
Explain the meanings or encourage learner to look up meanings of unfamiliar words in their dictionary.  
Learner reads the text. Discuss each section.

*Form collocations*

- 📄 Worksheet 2: A healthy diet
- B. Learner reads the information about collocations.  
Learner reads the text from part A again and finds the collocations.  
Learner writes the collocation next to the appropriate nouns.

**Answers**

- 2 – fresh fruit and vegetables, orange-coloured fruit and vegetables
- 3 – brown rice
- 4 – wholegrain bread, wholemeal bread, processed white bread
- 5 – breakfast cereal
- 6 – fatty meat, lean meat
- 7 – vegetable oil
- 8 – saturated fats, unsaturated fat
- 9 – healthy diet, balanced diet, well-balanced diet

- C. Learner reads each phrase and then circles the correct word to complete the collocation.

**Answers**

- 1 – disease, 2 – junk, 3 – fast, 4 – human, 5 – major, 6 – wide

*Write about their diet*

- 📄 Worksheet 2: A healthy diet
- D. Learner writes about their own diet, including some collocations.

### *Read about the benefits of exercise*

- 📄 Worksheet 3: Make a move
- 📄 Dictionary

Read the title of the worksheet. Ask: Do you do any exercise? Discuss.

- A. Learner reads the keywords in the box. Explain the meanings or encourage learner to look up meanings of unfamiliar words in their dictionary.  
Learner reads the text. Discuss.

### *Match meanings to phrases*

- 📄 Worksheet 3: Make a move
- B. Learner matches the phrases to their meanings.

#### **Answers**

1 – d, 2 – a, 3 – c, 4 – b

### *Match idioms to meanings*

- 📄 Worksheet 4: Health idioms
- Learner reads the idioms and matches them to their meanings.  
Explain how to use these idioms in context.

#### **Answers**

1 – d, 2 – i, 3 – b, 4 – f, 5 – j, 6 – c, 7 – k, 8 – a, 9 – g, 10 – e, 11 – h

### **Extension activity**

#### *Do some physical exercises*

Do some exercises together.

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## Worksheet 1: Talking about a healthy lifestyle

*Discuss these questions.*

1. Some people think drinking lots of water is essential for a long life. Do you agree?
2. What two factors do you think are essential for a long and healthy life?
3. What are three things you should do if you want to keep your weight down?
4. What is a 'fad' or 'crash' diet?
5. Where do you often see these sorts of diets?
6. Why do you think they are not recommended?
7. Who does most of the cooking at home?
8. Where do you eat if you go out?
9. Do you think you have a healthy diet?
10. Is the diet in your country different to Australia?
11. What differences have you found?
12. Do you do regular exercise?
13. Do you get enough sleep?
14. Do you smoke?
15. How has your lifestyle changed since you have been here?



## Worksheet 2: A healthy diet

A. Look up the meanings of these words in your dictionary and read the text.

|           |           |                |           |              |
|-----------|-----------|----------------|-----------|--------------|
| energetic | moderate  | vitamins       | minerals  | constipation |
| wholemeal | processed | saturated fats | fibre     | cholesterol  |
| organs    | disease   | calories       | nutrients | consume      |

A healthy diet will keep you looking good and feeling energetic. On the other hand, a diet of junk food could lead to serious illnesses such as cancer and heart disease.

### A balanced diet

A well-balanced diet means eating more of some foods and less of others. There are three simple rules for a balanced diet:

1. Eat mostly fresh fruit and vegetables, wholemeal breads, cereals, grains and legumes (dried peas and beans, lentils).
2. Eat a moderate amount of lean meat, poultry, fish, eggs, dairy products and unsaturated vegetable oils.
3. Eat only a small amount of sugar, saturated fats (found in butter, fatty meat, some margarine), alcohol and salt.

### Eat your greens

Food from plants such as fruit, vegetables, grains and legumes are low in fat and provide us with a variety of vitamins and minerals. For example, orange-coloured fruit and vegetables such as carrots and mangoes provide us with vitamin A and citrus fruit gives us vitamin C.

### Increase your fibre intake

It's important to eat lots of fibre in your diet in order to avoid constipation and other more serious bowel disorders. The main sources of dietary fibre are wholegrain breads, breakfast cereals, brown rice and wholemeal pasta. Fruit and vegetables also provide us with fibre. Replacing processed white bread with wholegrain or wholemeal bread will increase your fibre intake.

### Different kinds of fat

You need to include fats in your diet in order to protect your organs, keep you warm and for other body processes. However some fats are better than others. Saturated fats, which are found mostly in animal products, increase the amount of cholesterol in your blood which can lead to heart disease. Unsaturated fats are better for your health and can lower blood cholesterol. They are found in some plant foods, such as avocado and olives, and also in fish.

### Limit your sugar and salt intake

Sugar has no food value and adds calories to your diet. It can lead to tooth decay and weight gain. Too much salt in your diet could lead to high blood pressure.

### Eat a variety of foods

In order to obtain all the nutrients the human body needs to stay healthy, it's important to eat a wide variety of food.

**Intermediate**  
**Health: A healthy lifestyle**

**B. Read about words that go together.**  
*Write adjectives from the text in part A to go with the nouns in the list.*  
*Some nouns go with more than one adjective.*

In English there are words that are commonly used together. For example, when speaking about health we commonly say in **good health** or in **poor health**. These common word groups are called collocations.

- 1. food fresh food, junk food, fried food
- 2. fruit and vegetables \_\_\_\_\_
- 3. rice \_\_\_\_\_
- 4. bread \_\_\_\_\_
- 5. cereal \_\_\_\_\_
- 6. meat \_\_\_\_\_
- 7. oil \_\_\_\_\_
- 8. fats \_\_\_\_\_
- 9. diet \_\_\_\_\_

**C. Circle the word which makes a collocation.**

- 1. heart **illness** / **disease**
- 2. **junk** / **rubbish** food
- 3. **fast** / **quick** food
- 4. the **personal** / **human** body
- 5. **major** / **important** illnesses
- 6. a **deep** / **wide** range

**D. Do you have a well-balanced diet?**  
*Write about it. Include words that are commonly used together.*

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## Worksheet 3: Make a move

A. Look up the meanings of these words in your dictionary and read the text.

|              |             |           |            |
|--------------|-------------|-----------|------------|
| couch potato | moderate    | sedentary | depression |
| anxiety      | cholesterol | premature | accumulate |

Recent research shows that we can improve our health with regular exercise, even if we are usually couch potatoes or work in a sedentary job.

Regular moderate activity has many physical and psychological benefits. Firstly, exercise reduces blood pressure and decreases the risk of heart disease. Secondly, it also minimises the chance of getting several types of cancer. Thirdly, it decreases the risk of elderly people falling and injuring themselves. On the psychological side, regular moderate activity can help with depression and anxiety.



Exercise is particularly beneficial to people who already have risk factors for heart disease. People who smoke, or have high cholesterol or high blood pressure are more likely to die early. However, if these people take up regular exercise and become fit they can substantially reduce their chances of premature death.

The good news is that you can accumulate your exercise. You can exercise bit by bit, 10 minutes at a time, as long as you do about half an hour of moderate exercise a day. Some ideas for increasing your physical activity are:

- take the stairs instead of the lift
- park your car further away from where you're going and walk
- do some active gardening
- walk to the local shop instead of driving.

So make a move. Even a little exercise can help to decrease your risk of major illnesses. You don't have to be an Olympic athlete to be healthy!

B. Match the phrases with their meanings.

- |                              |   |
|------------------------------|---|
| 1. regular moderate activity | a. dying early                            |
| 2. premature death           | b. do your exercise bit by bit            |
| 3. substantially reduce      | c. do a lot to decrease                   |
| 4. accumulate your exercise  | d. medium intensity exercise on most days |

## Worksheet 4: Health idioms

Many English expressions contain health words but their meanings sometimes have no relationship to health.

*Match the expressions to their meanings.*

| <b>Expression</b>               | <b>Meaning</b>  |
|---------------------------------|---|
| 1. as fit as a fiddle           | a. to pay money   |
| 2. coming down with something   | b. not feeling well   |
| 3. feeling a bit off colour     | c. exactly what is needed or wanted   |
| 4. my back is killing me        | d. in good health   |
| 5. a taste of his own medicine  | e. a very bad headache  |
| 6. just what the doctor ordered | f. my back is very painful  |
| 7. sick and tired               | g. something difficult and unpleasant to experience                                 |
| 8. cough up                     | h. to have a high body temperature  |
| 9. a bitter pill to swallow     | i. becoming sick  |
| 10. splitting headache          | j. the same treatment that he gives to others (usually this has a negative meaning) |
| 11. run a fever                 | k. very annoyed   |