

Lesson Plan

Teacher: Teiuşanu Cristina

School: “ Al. Odobescu” National High School

Date: 11th of June 2014

Grade: 10

Level: Upper Intermediate

Time: 50 minutes

Textbook: Upstream

Topic: health, eating habits

Title of the lesson: Unit 10, Lesson “Healthy Lifestyle/ Healthy Eating”

Materials: textbook, blackboard, chalk, flashcards, handouts;

Types of interaction: teacher-student, teacher-whole class;

Teaching techniques: conversation, asking and answering questions, word map, the fishbowl, matching sentences halves;

Skills: listening, speaking, reading, writing, integration of skills;

Objectives: **O1-** to create a relaxed, non-threatening atmosphere in the classroom;

O2- to revise speaking, giving personal information;

O3- to check students’ homework;

O4- to introduce the topic of healthy lifestyle;

O5- to develop speaking, listening skills in a creative way;

O6- to allow students to practise speaking spontaneously and fluently about their lifestyle;

O7- to provide key topic vocabulary related to healthy food and “junk” food;

O8- to contrast traditional food to “junk” food;

O9- to provide consolidation of practice and to review useful vocabulary related to eating habits

Activity 1: Warm-Up

O1- to create a relaxed, non threatening atmosphere in the classroom;

O2- to revise speaking, giving personal information.

Estimated Time: 5 minutes

Procedure: - the teacher asks questions: (preferences, future plans)

i. e.: Teacher: “ What’s your favourite way to relax?”

Student: “ My favourite way to relax is listening to music. “

Teacher: “Do you have any future plans regarding your career?”

Student: “I want to become a policeman.”

Teacher: “ Do you think learning English is important? Why?”

Student: “ I think learning English is important because you can make friends all over the world. “

Activity 2: Homework Check-Up

O3- to check students’ homework.

Skills: reading;

Estimated Time: 5 minutes

- Procedure:** - students read their homework:
- the teacher encourages self- correction.

Activity 3: Presentation and Practice- Healthy Lifestyle

O4- to introduce the topic of healthy lifestyle;

O5- to develop speaking, listening skills in a creative way;

O6 - to allow students to practice speaking spontaneously and fluently about their lifestyle;

Skills: speaking, reading, listening, writing;

Estimated Time: 20 minutes

Procedure: - the teacher asks students to solve the crossword puzzle she gives to them and find out which is the title of the lesson “Healthy Lifestyle””

- students solve the crossword puzzle and find out the title of the lesson;
- the teacher gives oral feedback;
- the teacher writes the title of the lesson on the blackboard;
- the teacher brings students a fishbowl full of cardboard fish. On each fish is written a particular question related to students’ lifestyle;
- students choose a fish from the fishbowl and read the questions written on it;

i e. Fish 1 : “What should you do in order not to put on weight?”

Student: “I should eat more vegetables and drink water.”

Fish 2: “Do you have breakfast?”

Student: “Yes, I have breakfast early in the morning?”

- students answer all the questions;
- the teacher gives oral feedback;
- the teacher draws a word map on the board;
- the teacher asks students to complete the map with what they think it is more important for a healthy lifestyle;
- the teacher puts the beginning of the map on the board;

For me, the most important of a healthy lifestyle is.....

- students perform the task;
- the board gradually fills up with words;
- students help each other by offering suggestions;
- the teacher monitors their progress and gives oral feedback;

Activity 4: Presentation and Practice - Healthy Food versus ‘Junk’ Food

O7- to provide key topic vocabulary related to healthy food and “junk” food;

O8- to contrast traditional food to “junk “ food;

O9- to provide consolidation of practice and to review useful vocabulary related to eating habits

Skills: speaking, reading, writing

Estimated Time: 15 minutes

Procedure: - the teacher asks questions:

i.e.: "Which is the Romanian traditional food? Do you think it is healthy? "

- students answer the questions;

- the teacher gives students a worksheet in which they have

to add a name label to the food items they can see, then include them in the right category (healthy/ "junk" food);

- students perform the task;

- the teacher gives students handouts (Worksheet 3),

regarding conditional sentences, reported speech and she asks them to solve the exercises;

- students have to match sentences halves and rephrase the

sentences;

- the teacher checks understanding and gives written feedback.

Activity 5: Homework

Estimated Time: 5 minutes

Procedure: - the teacher assigns and explains students' homework for the next class:
ex. 3b, page 178.