

Unit 1 How to Get Healthy

• **Subject:** Health / **Topic:** Healthy Habits

• **Target Words:** flu, stomachache, toothache, injure, active, rest, medicine, injection, operation, bottle, cough, carton, bowl, rice, beef

• **Materials:** PPT tool(Writing on Grammar 4_Unit 1), CD player

★Brainstorming (pages 8-9)

Learn the Words

Have the students look at the words and the pictures. Ask the students to read the words before they choose the answer to each question. Then, read each word to the students and ask them to repeat the words out loud.

Warm-up

1. Have the students look at the pictures. Point to each picture and talk about it.

T: Look at the pictures. Look at the boy in the first picture. He seems to have a stomachache. Does he need to see a doctor? Another boy is dribbling a basketball. He's very healthy, and he looks confident. The girl is going to school with a backpack on her back. It looks so heavy. What do you do when you don't feel well. Do you take any medicine? Do you see a doctor? Which beverages do you drink each day? Do you drink orange juice or milk every day? It's very important to eat three meals a day. Doing that will help you stay healthy. How about having a bowl of steamed rice at each meal? Or you can have one plate of beef at each meal. Now, share your experiences in class.

2. Ask them the questions.

3. Ask them the answers.

T: Did you hear what happened to me?

What do I not have to do?

What do I have to do to get healthy?

How much should I drink each day?

What must I have at each meal?

[Possible Answers]

1. I heard that you caught a cold.

I heard that you have a toothache.

I heard that you injured your leg.

2. First, you do not have to be too active.

First, you do not have to eat too much food.

First, you do not have to take a walk outside.

3. You have to get some rest.

You have to take some medicine.

You have to have an operation.

4. I recommend drinking four cups of tea each day.

I recommend drinking two glasses of orange juice each day.

I recommend drinking a carton of milk each day.

5. You must have two bowls of rice at each meal.

You must have one plate of beef at each meal.

You must have a piece of chicken at each meal.

★Sentence Practice (page 10)

1. Have the students turn to page 10.

2. Tell the students to look at the words in the box. Then, ask the students to read each phrase.

3. Have the students look at the pictures. Point to each picture and talk about it.

T: Look at the pictures. ① A girl is seeing a doctor. Does she feel bad, or is she having a regular checkup? ② A boy is having a bowl of chicken soup. Does he have a cold? I guess so. ③ A girl is crying. She has a toothache. I hope she gets better soon. ④ A boy is showing a carton of milk. Does he drink a carton of milk each day?

[Answer]

Page 10

Choose and complete the sentences.

1. see a doctor

2. a bowl of chicken soup

3. have a toothache

4. a carton of milk

5. go to school

6. injured your leg

<p>⑤ Is the boy going to school or leaving school? He looks happy. ⑥ A doctor is treating a patient's leg. Is it broken?</p> <p>4. Have the students choose the correct phrases to complete the sentences. Then, have them check the answers.</p> <p>5. Now, have the students do the second exercise. Have them unscramble the words and write the sentences. Then, have the students check the answers.</p> <p>6. Ask the students to read the sentences.</p>	<p>Unscramble the words and write the sentences.</p> <ol style="list-style-type: none"> 1. First, you do not have to be too active. 2. I heard that you caught a cold. 3. You must have two bowls of rice at each meal. 4. You have to take some medicine so that you can get healthy. 5. I recommend drinking one big bottle of water each day. 												
<p>★Sentence Practice (page 11)</p>													
<ol style="list-style-type: none"> 1. Have the students turn to page 11. 2. Tell the students to look at the words above each sentence. Then, play the audio file. 3. Play the audio file one more time and ask the students to complete the sentences by using the given words. 4. Play the audio file and ask the students to repeat what they hear. 	<p>[Answers]</p> <p>Page 11)</p> <p>Listen and complete the sentences by using the words.</p> <ol style="list-style-type: none"> 1. I heard that <u>you have a stomachache</u>. 2. You must have <u>one plate of beef at each meal</u>. 3. First, you do not have <u>to exercise at all</u>. 4. I recommend drinking <u>two glasses of orange juice each day</u>. 5. You have to get <u>an injection so that you can get healthy</u>. 6. First, you do not have <u>to eat too much food</u>. 7. I heard that <u>you have the flu</u>. 8. You must have <u>a piece of chicken at each meal</u>. 9. You have to <u>have an operation so that you can get healthy</u>. 												
<p>★Grammar Check-Up (pages 12-13)</p>													
<ol style="list-style-type: none"> 1. Have the students turn to page 12. 2. Tell the students to look at the grammar charts. Then, explain each grammar point on pages 12 and 13 by using the example sentences. <p>T: Let's move on to grammar point in unit 1. We'll learn some more helper verbs. You can use <i>have to</i> and <i>has to</i> to say that something is necessary. You can say, "I have to go to the hospital now," or, "Steve has to take some medicine for his headache." You can also use <i>must</i> to say that something is necessary. You can say, "You must put a bandage on your cut." You can use <i>don't have to</i> and <i>doesn't have to</i> to say that something is not necessary. "I don't have to call my friend tonight," and, "He doesn't have to wake up early tomorrow," are two example sentences. Now, practice what we learned. Use the words in the box to complete the sentences.</p> <p>T: The next grammar point is measurement words. Use measurement words to express quantities or amounts of uncountable nouns. Some common measurement words are <i>bowl, cup, piece, carton, slice, loaf, glass,</i> and <i>can</i>. You can say, "I ate two bowls of soup for dinner last night," or, "She always has one cup of coffee in the morning." It's time to practice. Circle the correct measurement words.</p>	<p>[Answers]</p> <p>Page 12)</p> <p>Use the words in the box to complete the sentences.</p> <ol style="list-style-type: none"> 1. has to go 2. must see 3. doesn't have to practice 4. have to listen 5. don't have to cook 6. must eat 7. doesn't have to study 8. has to work <p>Page 13)</p> <p>Circle the correct measurement words.</p> <table border="0"> <tr> <td>1. slices</td> <td>2. scoops</td> <td>3. spoon</td> </tr> <tr> <td>4. carton</td> <td>5. cups</td> <td>6. loaves</td> </tr> <tr> <td>7. piece</td> <td>8. can</td> <td></td> </tr> <tr> <td>9. slice</td> <td>10. cup</td> <td></td> </tr> </table>	1. slices	2. scoops	3. spoon	4. carton	5. cups	6. loaves	7. piece	8. can		9. slice	10. cup	
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9. slice	10. cup												

★Listening Dictation (page 14)

1. Tell the students to look at the passage. Then, play the audio file.
2. Play the audio file one more time and ask the students to fill in the blanks.
3. Play the audio file and ask the students to repeat what they hear.
4. Ask the students some questions about the passage.

- T: Did the boy hear what happened to him?
 What does he not have to do?
 What does he have to do to get hearthy?
 How much should the boy drink each day?
 What must the boy have at each meal?

[Answer]

Listen and fill in the blanks.

Dear Andrew,
 How are you feeling today?
 I heard that you caught a cold.
 I had the same problem two weeks ago.
 But I got healthy quickly by doing a few things.
 First, you do not have to be too active.
 Instead, you have to see a doctor so that you can get healthy.
 You must get as much rest as you can.
 You also have to drink a lot of lemon tea.
 I recommend drinking four cups of tea each day.
 You must have a bowl of chicken soup at each meal.
 I hope you get healthy soon.

Your friend,
 Tina

[Translation]

Andrew 에게,

오늘 기분은 어떠니?
 나는 네가 감기에 걸렸다고 들었어.
 나는 2주 전에 같은 문제를 가지고 있었어.
 그러나 나는 몇 가지 것들을 해서 빨리 건강해졌어.
 먼저, 너는 너무 활동적이면 안 돼.
 대신 너는 건강해지기 위해 의사에게 진찰을 받아야 해.
 너는 네가 할 수 있는 한 충분한 휴식을 취해야 해.
 너는 레몬차도 많이 마셔야만 해.
 나는 매일 차를 네 컵 마시기를 추천해.
 너는 식사 때마다 닭고기 수프를 한 그릇 먹어야 해.
 나는 네가 곧 건강해지기를 바라.

너의 친구,
 Tina

★My Story (page 15)

<p>1. Have the students read the passage on page 14 first as a sample passage before they write their own get-well cards.</p> <p>2. (Write) Have the students make their own sentences based on the sentences in the passage on page 14. Since everyone has different experiences, encourage the students to write their own get-well cards. Help the students write their stories by using the words and the grammar they have learned.</p> <p>3. (Submit) Have the students turn in their writing.</p>	<p>[Answers]</p> <p>Write a get-well card.</p> <p>Example)</p> <p>Title How to Get Healthy</p> <p>Name Mark</p> <p>Dear Stephanie,</p> <p>How do you feel today?</p> <p>I heard that you have the flu.</p> <p>I had the same problem last week.</p> <p>But I got better quickly by doing a couple of things.</p> <p>First, you do not have to go to school this week. Instead, you have to stay home and rest a lot. You must sleep as much as you can every day. You also have to take medicine.</p> <p>I recommend taking three spoons of medicine each day.</p> <p>You must also have one bowl of fruit at each meal.</p> <p>I hope you feel better soon.</p> <p>Your friend, Mark</p>
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★Homework (WB pages 4-5)

<p>1. Review the vocabulary and the grammar points the students learned in unit 1.</p> <p>2. Have the students do the homework assignment on pages 4 and 5 in the workbook.</p>	<p>[Answers]</p> <p>Page 4)</p> <p>A</p> <ol style="list-style-type: none"> 1. have a stomachache 2. take a walk outside 3. see a doctor 4. a carton of milk 5. a bowl of chicken soup <p>B</p> <ol style="list-style-type: none"> 1. has to 2. must 3. don't have to 4. have to 5. have to <p>Page 5)</p> <p>C</p> <ol style="list-style-type: none"> 1. John has four pieces of pizza. 2. Mary has one[a] carton of milk. 3. Tina has three scoops of ice cream. 4. Eric has two cups of water. <p>D</p>
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1. First, you do not have **to** be too active.
2. Instead, you **have** to see a doctor so that you can get healthy.
3. You must **get** as much rest as you can.
4. You must have a bowl **of** chicken soup at each meal.