

## Teacher's Guide

### How Healthy Are You? - Upper-intermediate (B2-C1)

Canva Presentation Link:

[https://www.canva.com/design/DAHDsBDGH3M/JXpNtsSeS6j7MCLlyVQyVg/view?utm\\_content=DAHDsBDGH3M&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=uniquelinks&utlId=h5577cc8158](https://www.canva.com/design/DAHDsBDGH3M/JXpNtsSeS6j7MCLlyVQyVg/view?utm_content=DAHDsBDGH3M&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=h5577cc8158)

Editable Presentation Link:

[https://www.canva.com/design/DAHDsBDGH3M/jwAcvw4PYR2kZMbGK86JAA/view?utm\\_content=DAHDsBDGH3M&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAHDsBDGH3M/jwAcvw4PYR2kZMbGK86JAA/view?utm_content=DAHDsBDGH3M&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Editable Worksheet Link: [https://www.canva.com/design/DAHDsK0LHsl/2j-](https://www.canva.com/design/DAHDsK0LHsl/2j-HhN6YiohziKIF8KgnbQ/view?utm_content=DAHDsK0LHsl&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

[HhN6YiohziKIF8KgnbQ/view?utm\\_content=DAHDsK0LHsl&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAHDsK0LHsl/2j-HhN6YiohziKIF8KgnbQ/view?utm_content=DAHDsK0LHsl&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Video Link: [https://www.youtube.com/watch?v=PI47NG\\_GAoM](https://www.youtube.com/watch?v=PI47NG_GAoM)



**Part 1.** On a scale of 1-10, students rate how healthy they are and then discuss the questions.

**Part 2.** Students complete the sentences in their own words.

**Part 3.** Students choose the three biggest reasons people struggle to live healthily today and explain their choices. Students then discuss which problem is hardest to fix.

**Part 4.** Tell students they will watch a video in which people rate how healthy they think the UK is and how healthy they are. Ask students to predict which answers they will hear and explain their choices.

**Part 5.** Students read the quotes from the video and decide whether they agree, disagree, or can relate to what they said.

**Part 6.** Students discuss the questions.

**Part 7.** Students read the ideas about fish from the video and discuss which ones sound believable, and which ones sound doubtful.

**Part 8.** Students discuss which advice they heard growing up and which they still believe.

## Reflection

Students complete the sentences in their own words.