

HEALTH UNIT: SECTION 6**WORD FOCUS****Preventive Care – Physical Activity and Good Nutrition**

Directions: Students listen to the instructor pronounce a vocabulary word aloud three times while pairing the word with its picture. Ask students to orally identify the “beat” (syllable) that is the LOUDEST (stressed) and, if appropriate, they can circle the stressed beat below. Students then repeat the word aloud, putting emphasis on the stressed beat.

physical phys i cal

activity ac ti vi ty

muscles mus cles

control con trol

nutrition nu tri tion

diet di et

energy en er gy

Preventive Care – Physical Activity and Good Nutrition

Directions: Students listen to the instructor say a sentence aloud in a natural voice and see if they can recognize a vocabulary word/phrase (from the previous list) in the sentence. Do the exercise orally first. Then, if appropriate, ask students to circle the vocabulary word in the printed text below. Students repeat each vocabulary word aloud and point to its picture.

Watching TV is not a physical activity, but going for a walk is.

Rita has strong arm muscles from her job painting houses.

Simon eats too much fast food, and now he needs to learn how to control his weight.

Is there good nutrition in French fries?

Amina has a healthy diet because she eats fresh food from all the food groups every day.

If Vickie eats a good lunch, she has more energy in the afternoon and she doesn't feel tired.

Directions: Students will listen for a target vocabulary word as the instructor reads the text aloud naturally, up to three times. Ask students to count how many times they hear the target word in each section. Then, if appropriate, they can listen again and follow along with the printed text. Ask them to circle the target word.

Target word: **energy**

I am amazed how much energy the children have.

A: I feel tired all the time. I have no energy.

B: How many hours of sleep do you get?

A: Six hours.

B: Most people need eight hours of sleep to have good energy all day.

On nice days Enrique rides his bike to school instead of taking the bus. He uses more energy, but he says that exercising actually gives him more energy.