

Recipes for success

Ingredients for healthy Living.

High School: _____

Teacher: _____

Group:

Student: _____

1. Ingredients for healthy living

1 The speaker emphasizes that physical health has no impact on mental health. **T / F**

2 Engaging in physical activity can help improve mental well-being. **T / F**

3 The speaker suggests that joining a gym is necessary to stay active. **T / F**

4 Small changes in daily routines can significantly affect overall health. **T / F**

5 The speaker mentions that eating better is unimportant for mental health. **T / F**

6 Reducing alcohol consumption can lead to better moods. **T / F**

7 The speaker encourages people to seek support when trying to quit smoking. **T / F**

Healthy living means taking care of your body and mind so that you feel good and stay strong. It involves making choices that help you stay healthy every day.

Here are some important parts of healthy living:

Eating Healthy Food:

Eating a balanced diet with lots of fruits, vegetables, whole grains, and protein helps your body get the nutrients it needs. It's important to eat different kinds of food to stay strong and feel good.

Drinking Water:

Drinking enough water is essential for your body to stay hydrated and work properly. Water helps you think clearly, feel energetic, and keep your body

Exercise and Physical Activity:

Regular exercise, like walking, running, swimming, or playing sports, helps keep your muscles strong, your heart healthy, and your energy high. It also helps you feel happy and reduces stress.

Getting Enough Sleep:

Sleeping well is very important for your health. When you sleep, your body and brain rest and get ready for the next day. Most people need about 8 hours of sleep each night

Mental Health and Stress Management:

Taking care of your mind is just as important as taking care of your body. Doing things you enjoy, talking to friends and family, and finding ways to relax, like reading or listening to music, can help you feel happy and calm.

Avoiding Bad Habits:

It's also important to stay away from things that are harmful, like smoking, drinking too much alcohol, or eating too many unhealthy foods like junk food or candy.

Matching activity

Exercise	()	a) The food you eat that gives your body energy, like fruits, vegetables, and whole grains.
Sleep	()	b) Moving your body in ways like running, playing sports, or walking to stay fit.
Healthy Food	()	c) The way you feel in your mind, like being happy, calm, and relaxed.
Water	()	d) Things like smoking or eating too much junk food that are not good for your health.
Mental Health	()	e) A drink that is very important to keep your body working well and staying hydrated.
Bad Habits	()	f) Resting your body at night, usually for 7-8 hours, to feel refreshed and ready for the next day.

Answer the personal questions

Instructions: Answer the following questions about healthy living.

Do you eat fruits and vegetables every day?

(Yes / No)

What are your favorite fruits and vegetables?

How often do you exercise?

(Every day / Sometimes / Never)

What type of exercise do you like to do?

Do you drink enough water?

(Yes / No)

How many glasses of water do you drink each day?

How many hours do you sleep at night?

(Less than 6 hours / 6-8 hours / More than 8 hours)

Do you feel rested in the morning?

Do you have any bad habits you want to change?

(Yes / No)

What habits would you like to improve?



Circle the correct option to complete the sentence.

1. Your diet is ...
 - a. what you eat.
 - b. what you eat when you want to be healthy.
 - c. how often you eat.

2. To 'go on a diet' is ...
 - a. to combine healthy eating with exercise.
 - b. to stop eating meat.
 - c. to try to lose weight by eating less food or certain types of food.

3. A vegetarian is someone who ...
 - a. doesn't eat meat.
 - b. doesn't eat meat or fish.
 - c. doesn't eat any animal products, including eggs and milk.

4. A vegan is someone who ...
 - a. doesn't eat meat.
 - b. doesn't eat meat or fish.
 - c. doesn't eat any animal products, including eggs and milk.

5. If a diet is nutritious, it contains ...
 - a. more protein than carbohydrate.
 - b. all the elements that the body needs.
 - c. lots of vitamins.

6. Protein is a substance in food which is needed by the body for many biological processes. It can be found in high levels in ...
 - a. meat, eggs, cheese, fish and nuts.
 - b. apples, oranges, lemons and mangoes.
 - c. olive oil, vegetable oil, butter and margarine.

Discussion

Are you vegan or vegetarian?

What do you like or dislike about your diet?

Reading

Living a healthy life is an important goal for many people. It means taking care of our bodies and minds. Eating fresh fruits and vegetables, drinking enough water, and exercising regularly are all part of healthy living. It's also important to have a positive attitude. When we think positively, we feel better and can handle stress more easily. Successful people often speak about the power of positive thoughts. They believe that their thoughts can change their actions. For example, if you believe you can succeed, you are more likely to take the steps that lead to success. Having a plan is another important part of reaching goals. Plans help us know what steps to take and when to take them. They can be simple or detailed, but having a plan makes it easier to see what needs to be done. Let's consider the story of Anna, a young woman who wanted to be a doctor. She always dreamed about helping people. Anna knew that it wouldn't be easy, so she made a plan. She studied hard in school and found a mentor to guide her. She had days when she felt tired or wanted to give up, but she remembered her goals and kept a positive attitude. Anna exercised regularly and ate healthy foods to stay strong. In the end, Anna reached her goal. She is now a doctor, helping people every day. Her story shows how healthy living, positive thinking, and good planning can lead to success. We can all learn from her example and use these tips to reach our own dreams.

Activity true or false

1. **1**Many people aim to live a healthy life by taking care of their physical and mental well-being. **T / F**
2. **2**Drinking soda is considered an important part of healthy living according to the text. **T / F**
3. **3**Positive thinking can help individuals manage stress more effectively. **T / F**
4. **4**Anna's journey to becoming a doctor was easy and without challenges. **T / F**
5. **5**Having a detailed plan is essential for achieving one's goals. **T / F**
6. **6**Anna did not exercise or eat healthy foods while pursuing her dream. **T / F**
7. The author believes that everyone can learn from Anna's experience to achieve their own goals. **T / F**

Speaking

Role Play: Have students role-play a scenario where one person is a successful person (e.g., an athlete or businessperson) and the other person is interviewing them. The interviewer can respectfully ask about their healthy habits, attitudes, and plans for success.

Classwork rubric

Assessment strategies	3 points achieved	2 points in progress	1 point not achieved
L.1. understand the main points and the important details of audio recordings provided standard language is used regarding ingredients for healthy living, positive attitude, plans for success, and stories of successful people.			
R.2. find specific information in straightforward printed text about healthy living, positive attitudes, plans for success, and stories of successful people (e.g., magazines, brochures, information on the Internet).			
Sl.1. give and ask personal opinions in an informal discussion with friends, agreeing and disagreeing politely regarding healthy living, positive attitudes, plans for success, and stories of successful people.			