



Fitness

Lesson 1

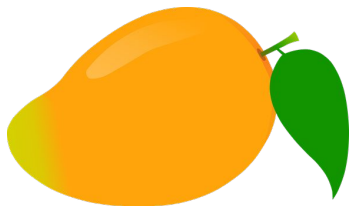
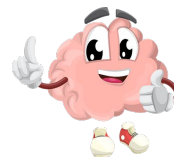




Warm up



Find the odd word out



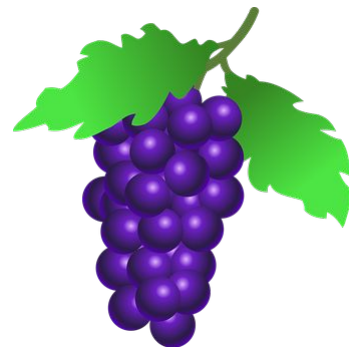
mango



pear



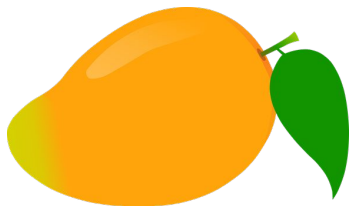
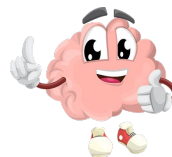
broccoli



grapes



Check your answers!



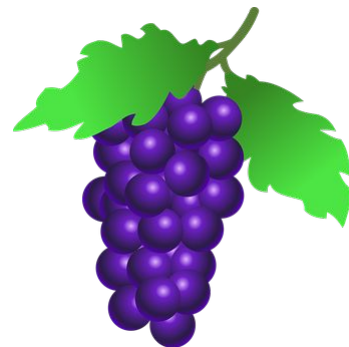
mango



pear



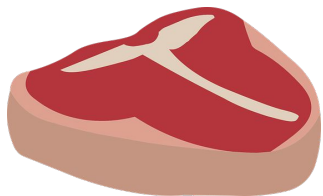
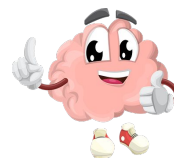
broccoli



grapes



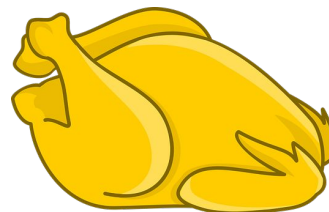
Find the odd word out



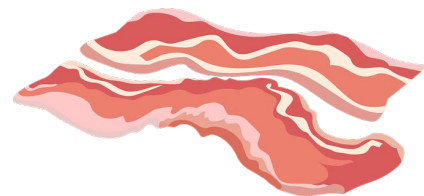
steak



chocolate



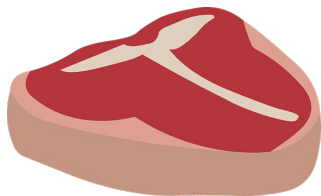
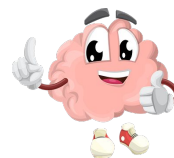
chicken



bacon



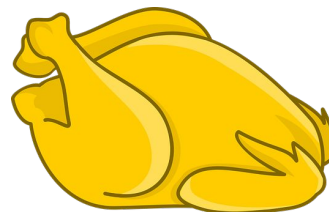
Check your answers!



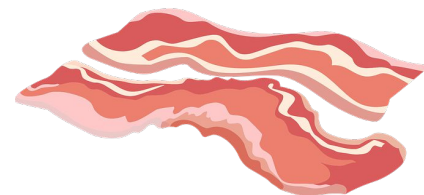
steak



chocolate



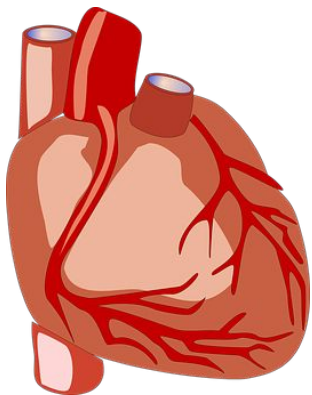
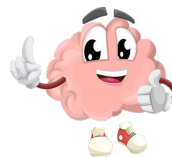
chicken



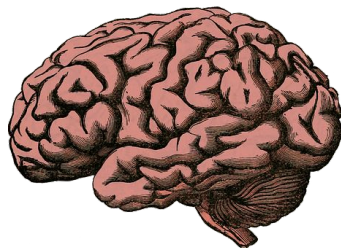
bacon



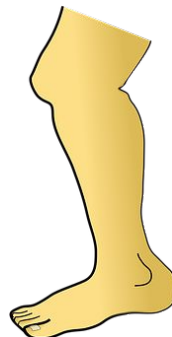
Find the odd word out



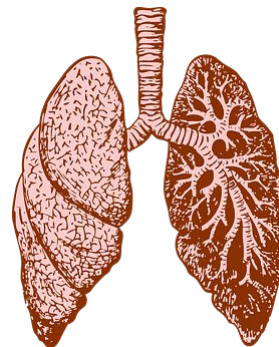
heart



brain



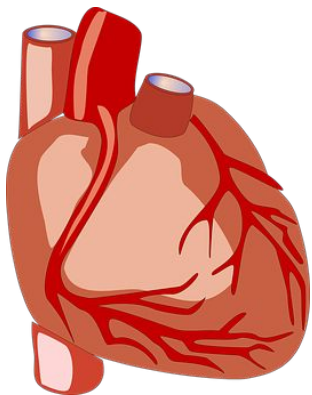
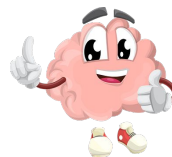
leg



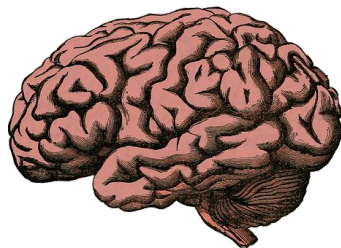
lungs



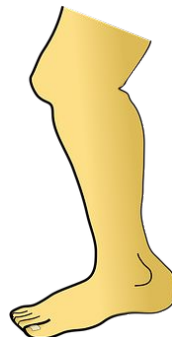
Check your answers!



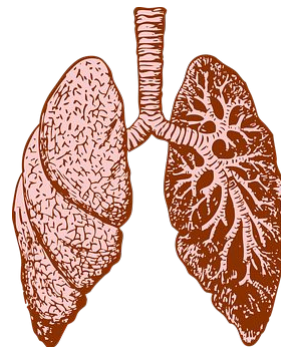
heart



brain

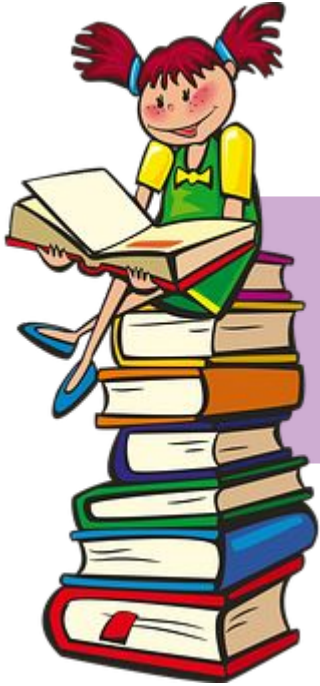


leg



lungs





Speaking exercise



Describe the picture



Read and
answer the
questions!



- What is happening in the picture?
- What healthy foods can you see?
- What unhealthy foods can you see?
- What drinks can you see?
- Which of the foods do you like?
- What is your favourite drink?



Describe the picture

Read and
answer the
questions!



- What is happening in the picture?
- What do you think they are eating?
- Are they friends or family?
- When do you eat with your family?
- What do you eat for breakfast?



Describe the picture

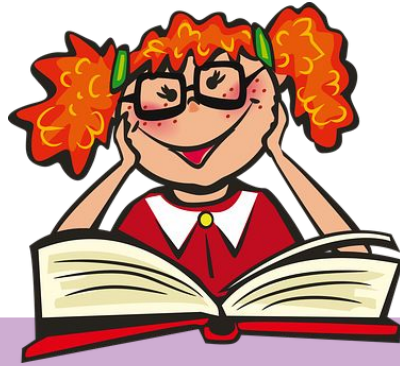


Read and
answer the
questions!



- What is happening in the picture?
- What is his job?
- Do you think he is happy?
- Do you buy cakes from a bakery?
- What is your favourite dessert?





Vocabulary



Food vocabulary

Match the word from the box to the correct definition!



nutrients

fat

protein

carbohydrates

fibre

vitamins

1. _____ builds, maintains, and replaces muscle tissue in your body.
2. The body uses _____ for energy but too much of it causes weight and health problems.
3. _____ are in all foods. We need them in order to live and grow.
4. We need _____ to live healthy lives. _____ include A, C, D, E, and K.
5. _____ are the main source of energy. There are two types; simple and complex.
6. _____ is found in all plant based food. It helps our digestion.



Food vocabulary

Check your answers!



nutrients

fat

protein

carbohydrates

fibre

vitamins

1. **Protein** builds, maintains, and replaces muscle tissue in your body.
2. The body uses **fat** for energy but too much of it causes weight and health problems.
3. **Nutrients** are in all foods. We need them in order to live and grow.
4. We need **vitamins** to live healthy lives. **Vitamins** include A, C, D, E, and K.
5. **Carbohydrates** are the main source of energy. There are two types simple and complex.
6. **Fibre** is found in all plant based food. It helps our digestion.



Vocabulary game

Match the words from the box to the food (pictured) which contains the nutrient.



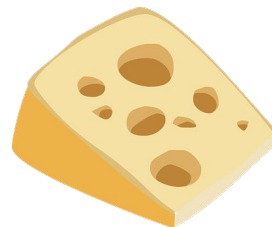
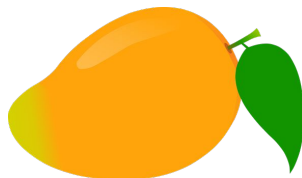
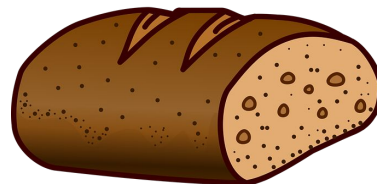
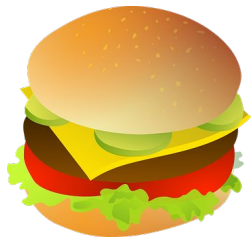
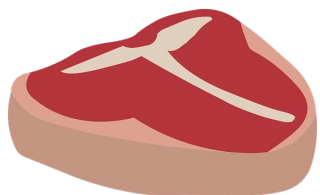
protein

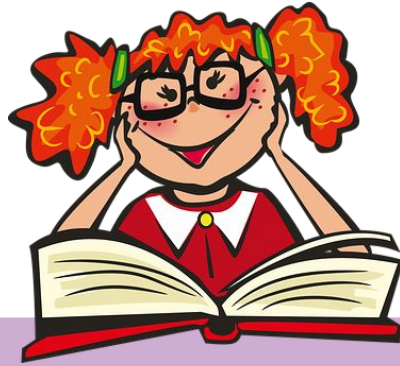
fat

carbohydrate

fibre

vitamin

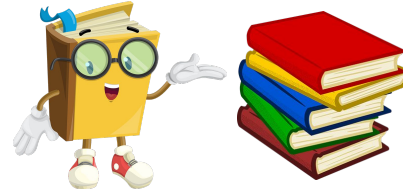




Grammar: Future Tense 'Will'



Grammar: 'Will'



There are two main situations where we use 'will' to talk about the future.

Immediate decisions

Talk about future actions decided at the moment of speaking.

Example: I'll turn the television off.

Predictions without evidence

Express a prediction based on personal experience or opinions.

Example: He thinks Manchester City will win the football game.

Let's study the table



Positive sentences with 'Will'

I	+ will <u>Contractions:</u> I'll, you'll, he'll...	+ infinitive verb <u>For example:</u> eat, run, walk, sleep, drink, study, drive, write, read, watch.
You		
He		
She		
It		
We		
They		

Task:

Create your own sentences using the structure from the table.



Future Tense: Will

Complete the sentences. Use contractions.



1. I think he _____ (be) president in the future.
2. Ok, I _____ (close) the window now.
3. She _____ (eat) salad for her dinner.
4. John _____ (buy) the drinks from the shop.
5. Humans _____ (live) on Mars in 50 years.
6. Janet thinks the train _____ (be) delayed.



Check your answers!

How many did you get?



1. I think he **'ll be** (be) president in the future.
2. Ok, I **'ll close** (close) the window now.
3. She **'ll eat** (eat) salad for her dinner.
4. John **'ll buy** (buy) the drinks from the shop.
5. Humans **will live** (live) on Mars in 50 years.
6. Janet thinks the train **will be** (be) delayed.



Fix the mistakes

Each sentence below contains at least one mistake. Can you find them and correct them?



1. In the future humans'll live on the moon.
2. After work she will buys a newspaper.
3. I'lll turn off the television now.
4. He thinks Chelsea will winning the competition.
5. John wills changes his clothes now.
6. Laura will writes a letter to her manager.



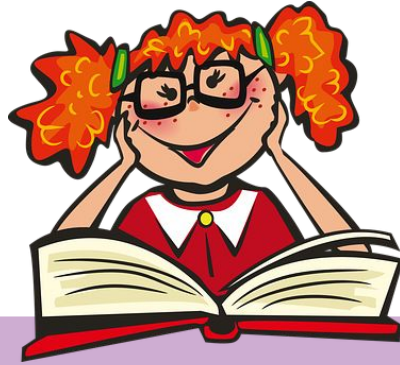
Check your answers

How many did you get?



1. In the future **humans will** live on the moon.
2. After work she will **buy** a newspaper.
3. **I'll** turn off the television now.
4. He thinks Chelsea will **win** the competition.
5. John **will change** his clothes now.
6. Laura will **write** a letter to her manager.

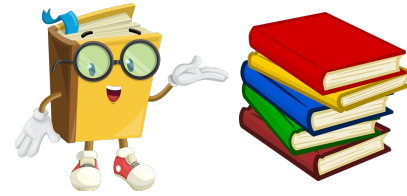




The Blue Zone Project

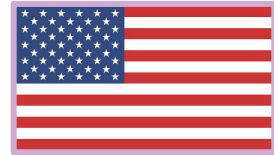
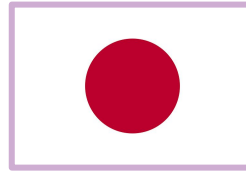


The Blue Zone Project



The Blue Zones are five areas across the globe that have the most people who live past 100 years old. The Blue Zone project found the areas of the world where people live the longest. The Blue Zones are “areas where many people are reaching 100 at extraordinary rates, and have the highest life expectancy”.

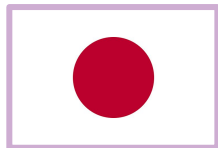
Use the flags to figure out which 5 countries are in the ‘Blue Zones’?



The Blue Zone Project

The 'blue zones' identified in the project are:

- The Italian island of Sardinia
- Ikaria, Greece
- Okinawa, Japan
- Loma Linda, California, USA
- Nicoya Peninsula, Costa Rica

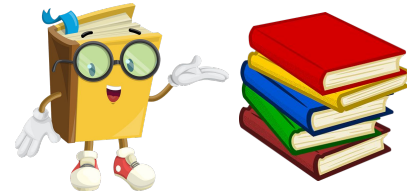


Have you visited any of the blue zones?

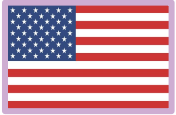
Which country would you like to visit? Why?



The Blue Zone Project



So what is their secret to a long life? Although the blue zones are far apart from one another and have some different traditions, they do have several things in common.

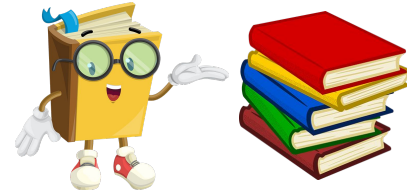


Before reading about what the blue zones have in common on the next pages, can you guess what they are?

Examples: Eat vegetables? Smoke? Play football?



Plant-based diet



The main key to a long life? Veggies — lots of them. Include at least two vegetables at each meal. Centenarians enjoy lots of green veggies, while limiting the amount of meat they eat. People living in Loma Linda are vegetarian, and people in Okinawa, Costa Rica, and Sardinia only eat meat on special occasions. Green tea, coffee, and olive oil are also enjoyed by blue zone residents.



Tasks:

- Name 5 vegetables.
- Define 'plant-based diet'.
- Do you eat vegetables every day?



Eat nuts

Read the text.
Then, match the words to the
correct picture.



People in the blue zones love nuts — so much so that they eat them four to five times a week. Nuts are rich sources of good fats and also provide fibre and vitamin E — all essential to maintaining a healthy heart.

1



2



3



4



- Peanut butter
- Almonds
- Pistachios
- Hazelnut

Do you like nuts?



Check your answers

How many did you get?



People in the Blue Zones love nuts — so much so that they eat them four to five times a week. Nuts are rich sources of good fats and also provide fibre and vitamin E — all essential to maintaining a healthy heart.

1



2



3



4



Do you like nuts?

- Peanut butter **4**
- Almonds **1**
- Pistachios **3**
- Hazelnut **2**



Eat beans, tofu and fish



The majority of people from the blue zones eat protein that comes in the form of beans, tofu, or fish. Beans and tofu are low in fat and high in fibre. White fish is low in fat and provides protein. Other types of fish, such as salmon, mackerel, herring, trout, and sardines, provide omega-3 fatty acids.



Tasks:

- Name 3 foods that contain protein.
- Why is eating fish healthy?
- Why is eating fibre important?



Physical activity

People from the blue zones are continuously active in the day. They walk everywhere — to work, to the store, to visit friends, and so on. They have gardens that they tend to — planting, watering, weeding, and harvesting. They sit on the floor, knead bread by hand, and watch little to no television. Their houses and environments encourage them to be active in the day.



Questions:

How do people from blue zones stay active every day?

What activities do they do?

Why is watching little television a positive?

Describe the physical activities you do each day.



Social life



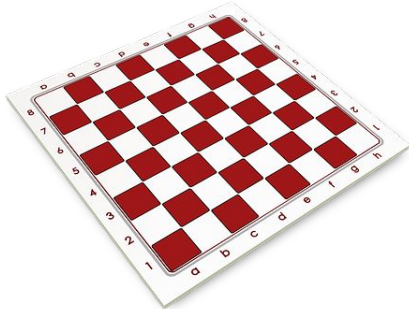
People who live in the blue zones have a good social life. Friends enjoy doing cultural activities such as cooking and enjoying healthy meals together. Blue zoners always get enough sleep and physical activity. And, they work at something they're passionate about, and focus on relieving stress. Blue zone inhabitants have a purpose in life, but they also know how to relax and enjoy themselves.



Tasks:

- What cultural activities do they do?
- Why is getting enough sleep important?
- How can a person relieve stress?

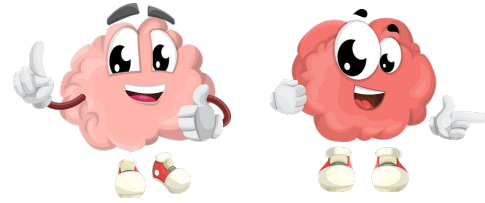




Board Game



Teacher's notes:



- For this game, you need dice. If you don't have any - follow the link provided for an online dice roller: [Dice Roller](#).
- The first player to reach the last tile wins.
- Move forward with the roll of the dice. Each time someone falls on a number - they must answer the corresponding question.
- Make sure that your students speak as much as possible and use full sentences!
Enjoy!





1 Name 3 fruits.	2 Name a food that contains protein.	3 Name two countries from the blue zone.	4 Ask your teacher a question!	5 What did you eat for breakfast?
6 Name a food that contains vitamins.	7 Ask your teacher a question!	8 Name 3 vegetables.	9 Name a food that contains fat.	10 Define 'plant based diet'
11 Name a food that contains fibre.	12 Name 2 types of nuts.	13 Ask your teacher a question!	14 Name a type of fish.	15 Name two countries from the blue zone.
16 Ask your teacher a question!	17 Name a sugary food.	18 When do you use future tense 'will'?	19 Name a food that contains carbohydrates.	20 Is physical activity important?





Goodbye!
See you
next time!

