

Lesson 8. "A Healthy Lifestyle" poster

1a. Look at your mind map. Complete the following sentences.

1. A healthy lifestyle is...
2. Regular physical activity will...
3. Get active...
4. Eat well...
5. Feel good about...

1b. Compare your sentences with your partner's, and then with the class.

2. Look at the poster (p. 79) and at the mind map. Answer the questions in pairs.

- What information about a healthy way of life has not been included? Why?
- What information would you like to include in your poster? Why?
- What rubrics would you like to include in your poster?
- What information would you like to include in the rubrics?

3. Plan your poster rubrics and design. Write a text that could accompany the poster and give a wider explanation to the ideas that are depicted there (use your written homework tasks). Work in pairs.

4. Get ready to present your poster.

A. Make a poster with short captions to the pictures.

B. Practise speaking about each rubric of your poster (use the text you wrote in ex. 4).

A Healthy Lifestyle...



Get Active, Have Fun!

Regular physical activity will...

- increase energy and lower stress.
- change how you look and feel.



Eat Well...



- Choose a variety of healthy foods every day.
- Have regular meals and snacks.
- Eat less junk food.

Feel Good About Yourself!



- Healthy bodies come in many shapes and sizes.