

# **Unit 2: School**

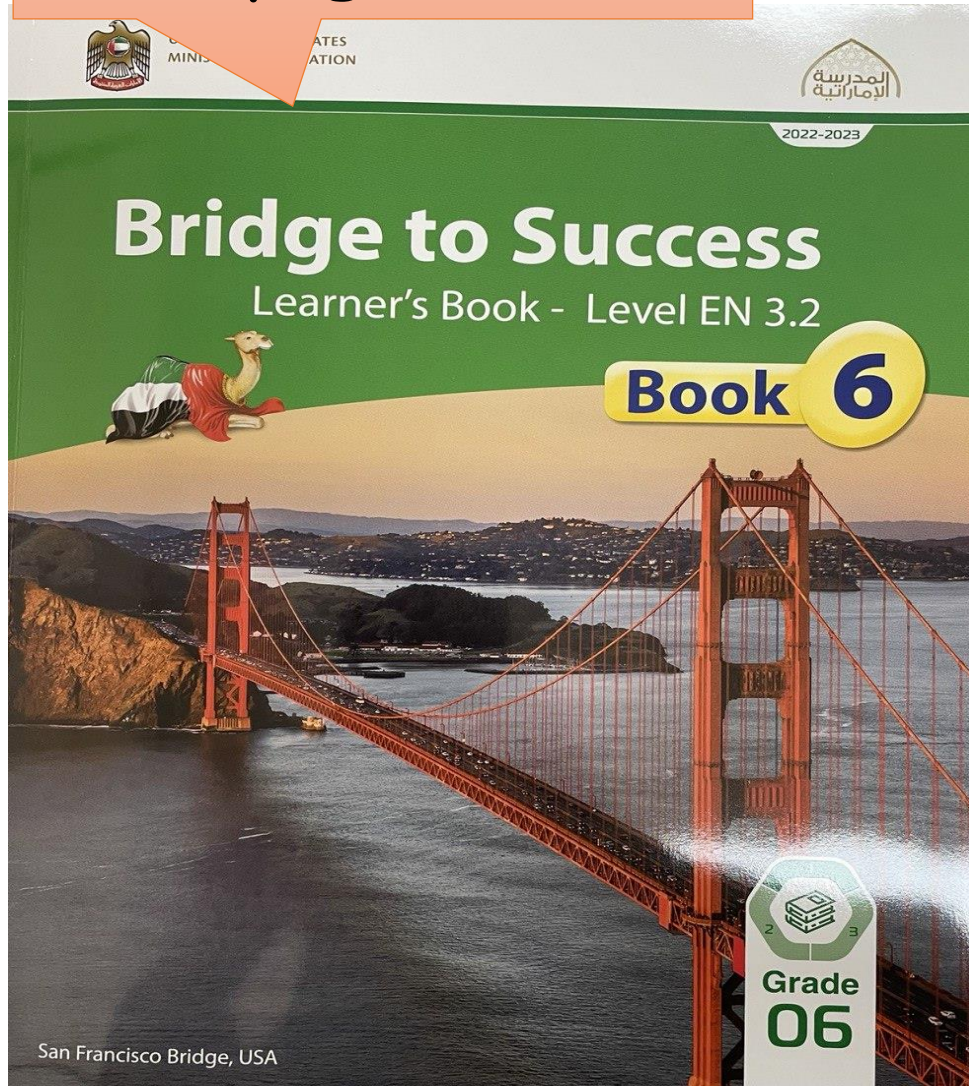
## **Lesson 3**

### **Diet and studying**

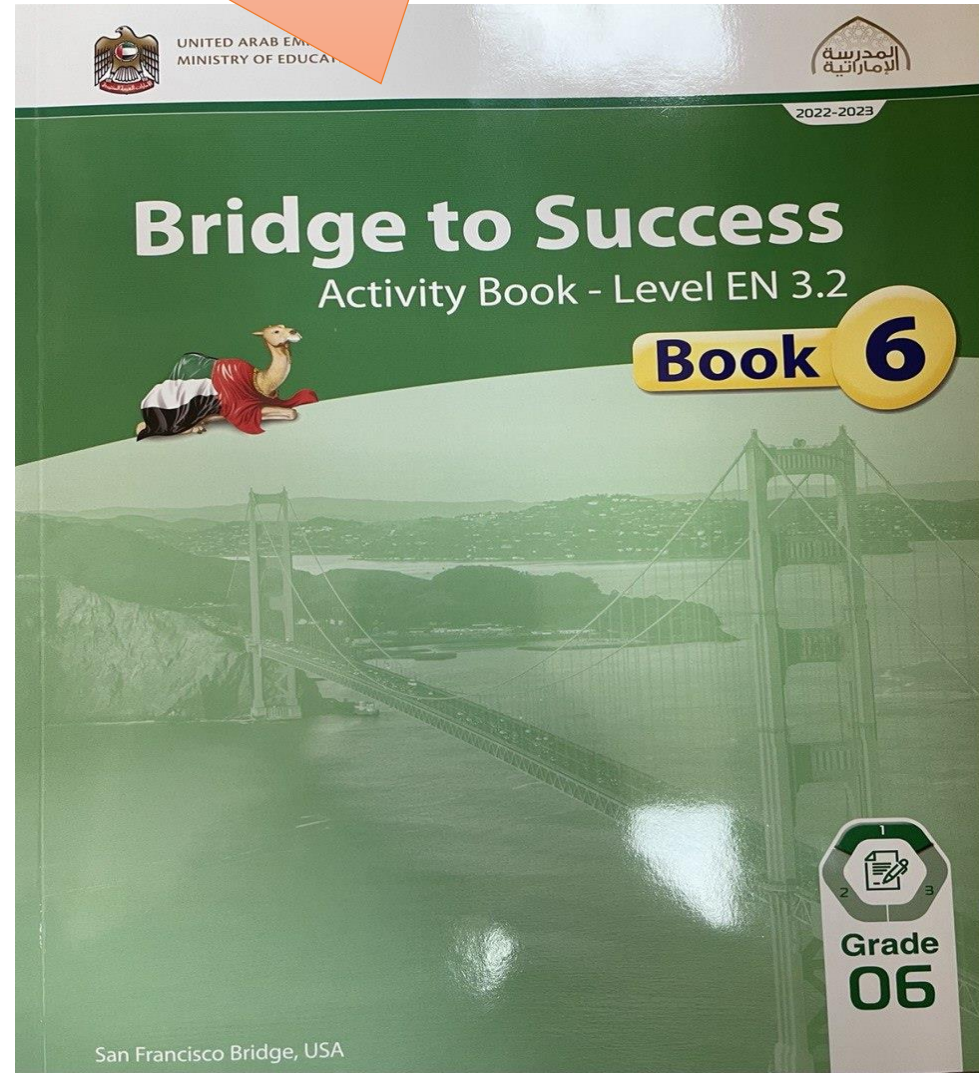
**Page 15 & 13 AB**

Open on page:

page 15



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## Learning objectives:

**Reading:** To read information about study tips in a text and record it in a mind map.

**Speaking:** To talk about which study tips learners already follow.

**Writing:** To write information into a mind map about study tips.

## **Warm up**

**What do you do to make sure you work well at school?**

**Do you eat fruit and vegetables?**

**How can you improve your brain power?**



## Key vocabulary:



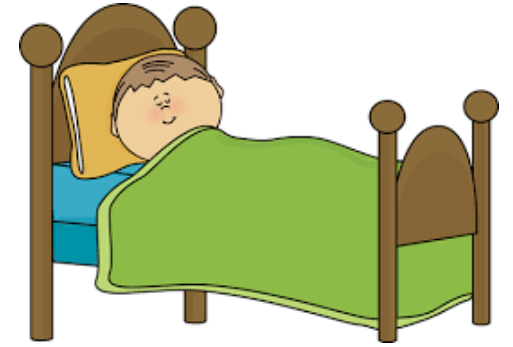
**Study**



**brain**



**Eat**



**Sleep**



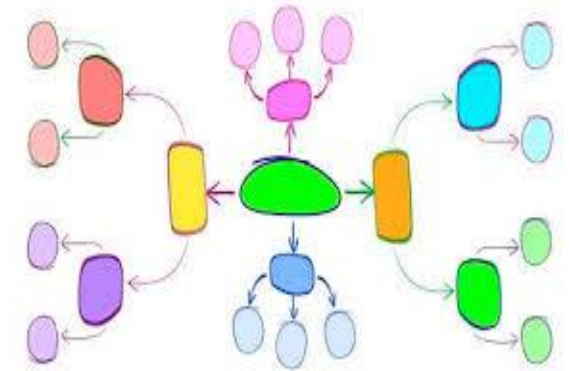
**Exercise**



**Drink**



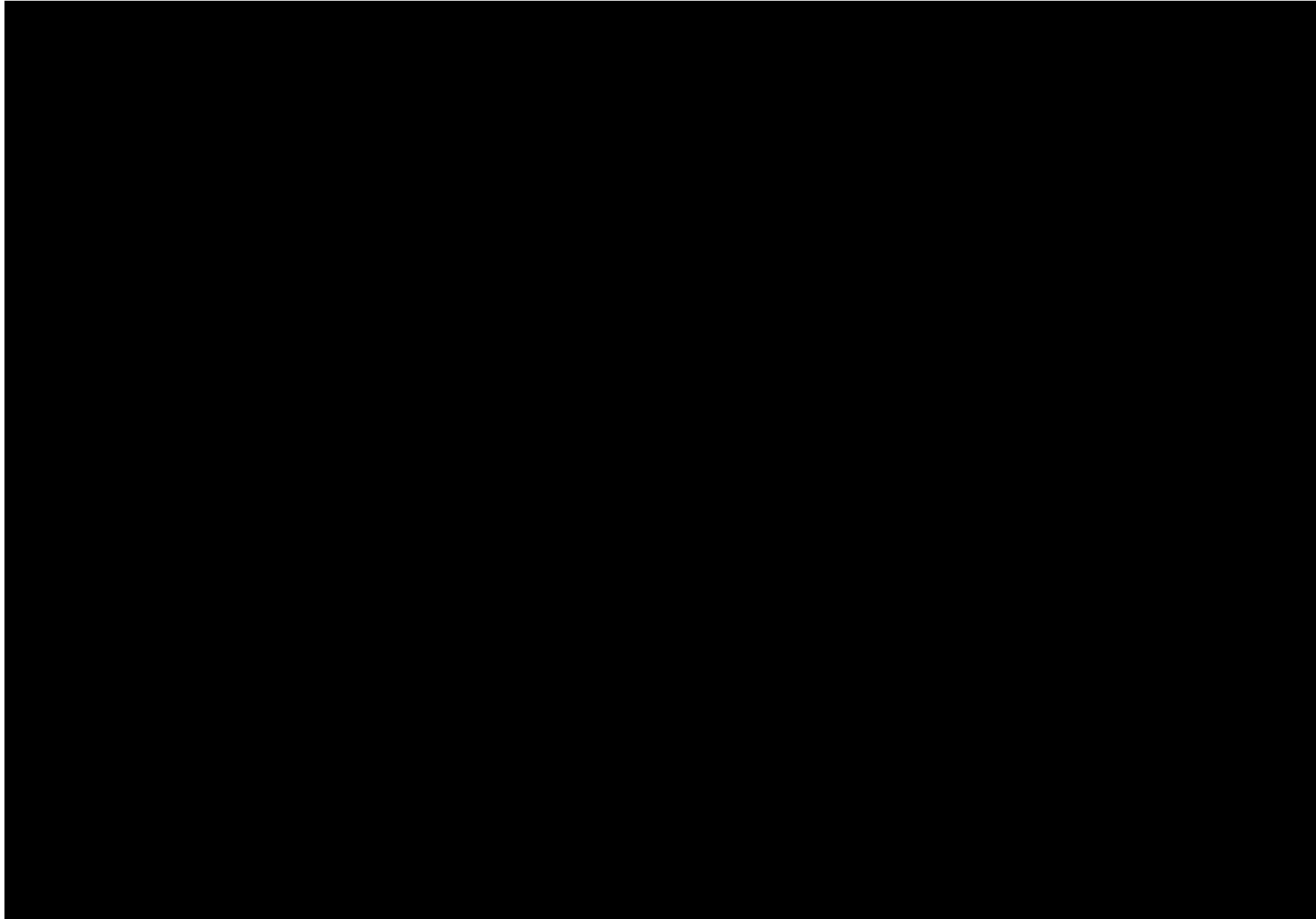
**Energy**



**mind map**

Learner's book p. 15

Watch the video



# 1 Talk about it

**What do you do to make sure you work well at school?**

**With a partner, do the quiz to find out about improving your brain power. Are the statements true or false?**

**1 Eating nuts can help you remember information.**

**2 If you eat sugary food, you'll have enough energy to study for a long time.**

**3 Any kind of chocolate will help you to study better.**

**4 If you drink plenty of water, it'll help you concentrate better.**

Read the text and check your answers to the quiz in Activity 1.

## Tips for a good day at school

Did you know that eating, sleeping and exercise are all really important for a good day at school? Here's what to do to keep your brain in tip-top condition.



**Eat fish and lots of green vegetables, nuts and berries.**

These foods have oils and vitamins that help your brain work well. They help your brain understand and remember information.



**Eat wholegrain food like brown rice and wholemeal bread.**

Then you'll have lots of energy throughout your school day.

**Don't eat too much white bread and sugary food.** If you eat these foods, you'll get a quick energy lift, but later you'll feel tired and unable to concentrate.



**Eat dark chocolate!**

It contains vitamins that help keep your brain healthy.

**Drink lots of water.** Your brain needs water to stay healthy. If you drink plenty of water, you'll be able to concentrate better in class.

**Get plenty of sleep and exercise.** Regular exercise makes your memory better. Your body won't work as well if you don't get plenty of sleep. That goes for your brain too!



## 2 Read

**Read the text and check your answers to the quiz in Activity 1.**

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**Eat dark chocolate!** It contains vitamins that help keep your brain healthy.



**Drink lots of water.** Your brain needs water to stay healthy. If you drink plenty of water, you'll be able to concentrate better in class.

**Get plenty of sleep and exercise.** Regular exercise makes your memory better. Your body won't work as well if you don't get plenty of sleep. That goes for your brain too!

### 3 Talk

Learner's book p. 14

Look at the pictures. Do they show good or bad lifestyle habits?



**TV at midnight:** Bad (staying up late means you won't get enough sleep).

**Doughnuts:** Bad (sugary food can stop you from concentrating).



### 3 Talk

Learner's book p. 14

Look at the pictures. Do they show good or bad lifestyle habits?



**Football:** Good (It is a way to exercise).

**Sandwich:** Good and bad (white bread is not as good as wholemeal bread, but the vegetables in the sandwich contain vitamins).

### 3 Talk

Look at the pictures. Do they show good or bad lifestyle habits?



**Milk chocolate:** Bad (it's not dark chocolate, so it's not good for you).

**Fizzy drink:** Bad (it's important to drink plenty of water, but fizzy drinks have too much sugar).

- 1 Mind maps** Mind maps are a good way to help you remember information. Below is a mind map about good study habits. Can you add more information to the mind map?

