Health and the body ESL lesson plan (A1)

A1 (beginner) · 60 minutes · for English teachers · englishcue.app

Stage	Time
Warm-up	5–10 min
Vocabulary	15 min
Controlled practice	10 min
Grammar focus	10 min
Speaking	15 min
Wrap-up and homework	5 min

1. Warm-up (5–10 min)

- How many hours do you sleep?
- Do you do any exercise? What?
- What do you eat when you want to be healthy?

2. Vocabulary (15 min)

Elicit each word before you give it, model the pronunciation, then check meaning with a quick question.

Word	Meaning	Example
head	the top part of the body, with the eyes, nose and mouth	My head hurts.
eye	the part of the body you see with	She has blue eyes.
ear	the part of the body you hear with	I have a pain in my ear.
nose	the part of the face you breathe and smell with	My nose is red because of my cold.
mouth	the part of the face you eat and speak with	Open your mouth, please.
tooth	one of the hard white things in your mouth	I brush my teeth twice a day.
arm	the part of the body between the shoulder and the hand	I broke my arm when I was ten.
hand	the part at the end of the arm, with fingers	Wash your hands before you eat.
leg	the part of the body you walk with	My legs are tired after the walk.
foot	the part at the end of the leg that you stand on	My feet hurt in these shoes.

Grammar focus (10 min): Should and shouldn't: advice

Nina is going to London for the first time. Her friend Josh lived there for two years. Josh: "You should take an umbrella. It rains a lot! And you shouldn't take taxis: they're very expensive." By the end of this lesson you can ask for advice and give advice with should.

Form	Pattern	Example
Should	should + base form	You should take an umbrella.
Shouldn't	shouldn't + base form	You shouldn't take taxis.
Asking	Should I...? · What should I...?	What should I see first?
Suggestions	Why don't you...? · You could...	Why don't you take the Tube?

Watch for: ~~You should to see a doctor.~~ → **You should see a doctor.**. No to after should.

Speaking (15 min): The advice column

You play three people with small problems (I can't wake up in the morning. I sit for ten hours a day.). The learner gives each one two pieces of advice and one thing to avoid, using a different structure each time.

Useful language

- You should... / You'd better...
- I'm trying to cut down on...
- to work out · to give up · to take up
- If I were you, I'd...
- I feel run-down / exhausted / much better.
- a balanced diet · a check-up · a habit

Wrap-up and homework (5 min)

- Each learner says the three new words they will remember, and one sentence with each.
- Homework: write 80–120 words about health and the body using at least six words from the lesson and the grammar point.
- Self-study: the A1 health and the body vocabulary page on englishcue.app has a self-correcting quiz with all 21 words.

Health and the body (A1)

Student handout · Name: _____ · Date: _____

A. Word bank

stomach · cold · back · doctor · headache · sick · hurts · ill

B. Complete the sentences

Use a word from the word bank. Then compare with a partner.

1. I have a pain in my _____.
2. I have a _____.
3. You should see a _____.
4. My knee _____.
5. I have a terrible _____.
6. My _____ hurts.
7. I'm _____ today, so I'm staying home.
8. My son is _____ and can't go to school.

C. Talk with a partner

Ask and answer. Make notes of one interesting answer to report to the class.

1. How much water do you drink a day?
2. How do you feel today?
3. What do you do when you have a cold?
4. Do you walk a lot?
5. What time do you go to bed?

Write

Write 80–120 words about health and the body. Use six words from the lesson.

Answer key

B. Complete the sentences: 1 back · 2 cold · 3 doctor · 4 hurts · 5 headache · 6 stomach · 7 ill · 8 sick