Health and the body ESL lesson plan (A2)

A2 (elementary) · 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
fever	a high body temperature when you are ill	She has a fever of 39 degrees.
cough	the act of pushing air out of your throat with a noise	I've had a cough for a week.
sore throat	a pain in your throat	I have a sore throat and can't speak.
flu	an illness like a bad cold, with fever and pain	Half the class is off with flu.
toothache	a pain in a tooth	I need to see the dentist: I have toothache.
dentist	a person who looks after your teeth	I go to the dentist twice a year.
pharmacy	a shop that sells medicine (British English: chemist's)	Is there a pharmacy near here?
appointment	a time arranged to see a doctor or dentist	I have an appointment at four.
break	to damage a bone so it separates	He broke his leg skiing.
cut	a small wound on the skin	It's only a small cut.

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 A2 health and the body vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Health and the body (A2)

Student handout · Name: _____ · Date: _____

A. Word bank

weight · rest · fit · exercise · stressed · smoking · gym · diet

B. Complete the sentences

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

1. A good _____ is important.
2. She runs every day and is very _____.
3. I do some _____ every day.
4. My dad stopped _____ last year.
5. He's trying to lose _____.
6. I go to the _____ after work.
7. I feel _____ before exams.
8. The doctor told me to _____.

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 diet · 2 fit · 3 exercise · 4 smoking · 5 weight · 6 gym · 7 stressed · 8 rest