Health and the body ESL lesson plan (B1)

B1 (intermediate) · 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)

- What is one healthy habit you have and one you would like to have?
- What do you do when you feel stressed?
- Have you ever tried to give something up? Did it work?

2. Vocabulary (15 min)

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

Word	Meaning	Example
symptom	a sign of an illness	What are your symptoms?
prescription	a paper from a doctor that lets you get medicine	You need a prescription for these pills.
treatment	medical care for an illness or injury	The treatment lasts two weeks.
recover	to get healthy again	She recovered quickly from the operation.
operation	when a doctor cuts the body to repair something	He had an operation on his knee.
allergy	a bad reaction to something, like food or pollen	I have an allergy to cats.
infection	an illness caused by bacteria or a virus	She has an ear infection.
painkiller	medicine that stops pain	Take a painkiller if it hurts.
sprain	to injure a joint by twisting it	I sprained my ankle playing tennis.
swollen	bigger than normal because of an injury	My ankle is really swollen.

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 B1 health and the body vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Health and the body (B1)

Student handout · Name: _____ · Date: _____

A. Word bank

cut down on · exhausted · balanced diet · get over · dizzy · insomnia · gave up · work out

B. Complete the sentences

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

1. A _____ includes fruit and vegetables.
2. I'm _____ after the night shift.
3. I _____ three times a week.
4. I felt _____ when I stood up.
5. He _____ smoking ten years ago.
6. Stress often causes _____.
7. It took me weeks to _____ the flu.
8. I'm trying to _____ sugar.

C. Talk with a partner

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

1. What advice would you give someone who cannot sleep?
2. How has your lifestyle changed in the last five years?
3. Is it easy to eat well where you live?
4. What did your grandparents do to stay healthy?
5. Do you prefer exercising alone or with other people?

Write

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

Answer key

B. Complete the sentences: 1 balanced diet · 2 exhausted · 3 work out · 4 dizzy · 5 gave up · 6 insomnia · 7 get over · 8 cut down on