Health and the body ESL lesson plan (B2)

B2 (upper 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
chronic	lasting a long time or coming back again and again	She suffers from chronic back pain.
side effect	an extra, often bad effect of a medicine	Tiredness is a common side effect.
diagnosis	the doctor's decision about what illness you have	The diagnosis was a minor heart problem.
contagious	spreading from one person to another by touch or air	Chickenpox is very contagious.
vaccine	a substance given to protect people from a disease	The vaccine is free for children.
sedentary	involving a lot of sitting and little exercise	Office workers often have sedentary jobs.
wellbeing	the state of feeling healthy and happy	Exercise improves your physical and mental wellbeing.
mindfulness	paying calm attention to the present moment, to reduce stress	Many schools now teach mindfulness.
burnout	extreme tiredness from working too hard for too long	She took three months off to recover from burnout.
relapse	getting ill again after seeming to recover	The doctor warned of a possible relapse.

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 B2 health and the body vocabulary page on englishcue.app has a self-correcting quiz with all 22 words.

Health and the body (B2)

Student handout · Name: _____ · Date: _____

A. Word bank

deteriorated · as fit as a fiddle · in shape · alleviate · GP · under the weather · on the mend · healed

B. Complete the sentences

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

1. This cream will _____ the itching.
2. I need to get back _____.
3. His health _____ over the winter.
4. Make an appointment with your _____.
5. The cut _____ in a few days.
6. I'm _____ today.
7. My leg is _____ now.
8. At 80, my grandmother is _____.

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 alleviate · 2 in shape · 3 deteriorated · 4 GP · 5 healed · 6 under the weather · 7 on the mend · 8 as fit as a fiddle