***What if you stopped eating sugar***

LESSON PLAN

(created on basis of the template:

https://www.teachingenglish.org.uk/teaching-teens/resources/lesson-plans

**Topic:** reasons not to eat sugar, raising awareness of sugar addiction and its influence on health

**Aims:**

**-** raise awareness of the amount of sugar in food, its influence on health

- extend students’ vocabulary to talk about health risks and other issues connected with . e.g. bad breath, anxiety, blood pressure.

- develop students’ writing skills through writing a paragraph (using vocabulary) about one negative aspect of sugar

- encourage peer feedback and correction on writing

- development of students’ oral fluency as well as their ability to work together

**Age / level:** 12-14 year-olds

**Time**: 3 lessons (3×45 minutes)

**Materials:**

The teachers uses a picture related to quantity of sugar in drinks: <https://www.flickr.com/photos/aryaziai/8744716953>

# Film: <https://www.youtube.com/watch?v=Z5aYq0ASSHU>

# WORKSHEET 1

# WORKSHEET 2

# dictionaries

# for creating a poster: sheet of paper size A0, crayons, felt tips, pens

**Procedure:**

**LESSON 1:**

**Lead in** (15 minutes**)**: vocabulary warm – up

The teacher gives students WORKSHEET 1 and they work together on exercise 1 – the teacher explains in English meaning of words and students try to guess the meaning in their mother tongue.

Then students together with the teacher work on exercises 2-4; matching adjectives, synonyms and antonyms to given phrases

**Speaking** (5 minutes):The teacher asks students to predict the topic of the lesson.

The teachers uses a picture related to quantity of sugar in drinks: <https://www.flickr.com/photos/aryaziai/8744716953>

The teacher and students discuss the picture.

The teacher writes the title on the board and discusses it with students.

The teacher asks students if they like sweets, how often they eat them, if there is a reason according to them to limit the quantity of sugar in their diet. How much sugar according to them there is in e.g. fizzy drinks. Is there any sugar in bread? Do they get sweets as presents? Is there a reason to give up on sugar? They learn some vocabulary to talk about the key reasons: obesity, addiction to sugar, other health problems caused by it.

R**eading and listening** (10 minutes)

Watching a film:

# <https://www.youtube.com/watch?v=Z5aYq0ASSHU>

(in settings choose English subtitles generated automatically)

Students watch the film and read the text. The teacher stops the film from time to time, repeats new vocabulary and explains if necessary.

While watching the film students are asked to number the possible effects of giving up sugar – exercise 5 WORKSHEET 1

**Vocabulary focus** (15 minutes):

The teacher gives the students WORKSHEET 2 and asks students to work together. They may use dictionaries if necessary. They categorize the words and phrases under headings given. Then they write opposite meanings to given phrases.

**LESSON 2:**

**Lead in** (10 minutes):

**Speaking**: The teacher asks questions concerning the vocabulary from the previous lesson and writes down on the board all key words

Students watch the film once more and do exercise 6 at WORKSHEET 1 – true / false statements

**Project** (35 minutes):

**Writing**: Students decide on the poster they are going to create, distribute responsibilities, prepare all vocabulary and phrases needed basing on worksheets from the previous lesson, they write short passages on given topic

**LESSON 3:**

Students chat online with partner school to present results of the set of lessons