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Foreign Language Week 11

Unit 4 Health

Instructor: Aliya Maratbekovna

Objectives + Agenda

Warm-up: advert discussion

Comprehension quiz: Writing and vocabulary

Listening:

- Health unit-welcome. Free school breakfast. Quiz.
- Cause and effect transitions. Quiz.
- Essay structure: sample rearrangement.

Vocabulary: Game + new words.

Home Assignment: class debate preparation



*The figures quoted have been checked and certified to by LYBRAND, ROSS BROS AND MONTGOMERY, Accountants and Auditors.

20,679* Physicians
say **“LUCKIES**
are *less irritating*”

“It’s toasted”

Your Throat Protection against irritation against cough

1. What is it being advertised?
2. What decade do you think it 's from?
3. Why do you think they used a doctor in the advert?
4. Do you think people would believe the product being healthy if they saw a doctor advertising it? Would you believe?

Take a test.



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Follow the link below:

https://docs.google.com/forms/d/e/1FAIpQLSfYp7NcZtYEtqZu82CSpW-SvazJzbrfv41RfzMo9VZ8Lo93tg/viewform?usp=sf_link

Or scan the qr code:



Take the test once only.

You are NOT allowed to use your notes,
translators or chats.

Do you remember Health topic from the previous semester?

Can you think of one **good advice** that you could give to someone of your age living in our city?

Please write **the tip** on a piece of paper and give it to the teacher.

Select one tip, written by your groupmates.

Does it make sense?

What **healthy advice** would you give yourself?

Watch a Welcome video to the Unit 4 Healthy.

What Health related issue did the students discuss?

What are your unhealthy habits?

Do you know what could help you fight them?

Vocabulary Unit 4 Health

In 2 minutes **write down as many words** related to **Nutrition, Mental and Physical Health** as you can. How many do you have? Are you sure words' spelling is correct? Use the words for a game.

You will see **20 words related to Health topic** in the following slides.

Predict and guess the meaning of the words from the context.



Vocabulary Unit 4 Health

1. The outcome of **cardiovascular** (adj.) problems may result in heart attack or a stroke.
2. The **diagnosis** (n.) was devastating. She had cancer.
3. As children grow older, their **cognitive** (adj.) processes become sharper.

Vocabulary Unit 4 Health

4. The South African government must implement measures to improve the undesirably high level of **food insecurity (n.)** in poorer households.

5. Alcohol is still a **pervasive (adj.)** problem with high - school students.

6. The fight against malnutrition and **preventable (adj.)** diseases must continue.



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Vocabulary Unit 4 Health

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7. Sugar and fat can more easily lead to **obesity (n.)** than some other foods.

8. The cookbook contains many simple yet highly **nutritious (adj.)** meals.

9. There has been a **consistent (adj.)** improvement in her attitude.

Vocabulary Unit 4 Health

10. One type of **diabetes (n.)** is an auto-immune disease/disorder that may be triggered by a virus.

11. There is a social **stigma (n.)** attached to single parenthood.

12. The two parties managed to **overcome (v.)** their differences on the issue.

Vocabulary Unit 4 Health

13. Problems with childcare remain the biggest **barrier (n.)** to women succeeding at work.

14. The government promised to **implement (v.)** a new system to control financial loan institutions.

15. If left untreated the condition may become **chronic (adj.)**.

Vocabulary Unit 4 Health

16. We **consume** (v.) these calories in the form of food and use them up in maintaining the body's functions and movements.

17. There's a high **correlation** (n.) between smoking and lung cancer.

18. The hotel stands in an **elevated** (adj.) position looking out over the lake.

Vocabulary Unit 4 Health

19. Life is the art of drawing **sufficient** (adj.) conclusions from insufficient premises.

20. These prejudices are particularly **prevalent** (adj.) among people living in the North.

Vocabulary Unit 4 Health

Can you think of alternative parts of speech?

Can you make two example sentences?

Answer the questions in the Discussion.



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Free School Breakfast

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Watch the following video and take notes on the main ideas and supporting details. Here are some questions to consider before you begin.

- What do you think are the most important factors in helping kids learn?
- How does nutrition affect students' ability to learn?
- Do you think schools should have free breakfast and lunch programs for kids?

The video will pause occasionally to ask questions. Challenge yourself to think more deeply by answering the questions.



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Free School Breakfast

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Home Assignment 1:

Get ready for a class debate:

1. Schools should provide healthier breakfasts for kids at reasonable prices.
2. School breakfasts should be free for kids under 12.
3. Government should impose a bigger tax on companies producing fast food, sweets, fizzy drinks, cigarettes and alcohol.



The thesis statement connects to the topic sentences of the body paragraphs.

Each paragraph begins with a *topic sentence* relating to a different part of the controlling idea in your thesis statement.

Example Thesis

“Venus has some very interesting features that make it stand out from the other planets.”

Topic Sentence for Body Paragraph 1: The first interesting feature of Venus is its surface.

Topic Sentence for Body Paragraph 2: Another distinctive feature of this planet has to do with its rotation and orbit.

Topic Sentence for Body Paragraph 3: Finally, the last unusual feature of Venus is its atmosphere.

Use transitions to start body paragraphs.

Paragraphs often start with a **transition**. A transition is a word or phrase that moves the reader from one idea to another in your essay.

Some examples of transitions are:

- First,...
- For example...
- One reason...
- Next,...
- Second,...
- The next example...
- Another reason...
- Finally,...

Use transitions to start body paragraphs.

Below are examples of some **transition words** in topic sentences:

1. **The first** interesting feature of Venus is its surface.
2. **Another** distinctive feature of this planet has to do with its rotation and orbit.
3. **Finally**, the last unusual feature of Venus is its atmosphere.
4. **In conclusion**, Venus is a very interesting planet for many different reasons.

Remember TREE for Body Paragraphs

One way to understand what needs to be included in a body paragraph is to use the acronym **TREE** which stands for:

1 TOPIC

2 REASONS

3 EXAMPLES

4 ENDING



TREE: Topic

Remember in the body of an essay, the topic of each body paragraph supports the thesis. The topic sentence of the body paragraph introduces the topic of the paragraph. In the reading, “Earth’s Sister,” three topics support the idea that Venus’s features are interesting.

- **Surface:** The first interesting feature of Venus is its **surface**.
- **Rotation** and **Orbit:** Another distinctive feature of this planet has to do with its **rotation** and **orbit**.
- **Atmosphere:** Finally, the last unusual feature of Venus is its **atmosphere**.

TREE: Reasons and Examples/Explanations

In a body paragraph, **reasons** explain more about the **topic** and help support the thesis statement. **Examples** give specific details about each reason and they help create an image in the reader's mind. Take a look at the body paragraph below from the reading "Earth's Sister":

The first interesting feature of Venus is its *surface*. If you were to stand on the surface of Venus, everything would look orange because the thick cloud around it filters the sunlight. Unfortunately, no one can stand on its *surface because it is over 470 degrees Celsius*. Venus is covered with mountains, valleys and even active volcanoes. The tallest mountain on Venus is called Mount Maxwell, and it is about the same size as Mount Everest on Earth. Venus's surface has thousands of large craters that were formed from meteorites crashing into it. The largest crater is just over 70 kilometers wide!

Body Paragraphs in Review

The **ending** of a body paragraph is the conclusion sentence. Some body paragraphs have an ending sentence. Other body paragraphs do not have an ending sentence. Some ending transition words you can use are:

- finally
- overall
- to sum up
- on the whole
- to conclude

Peer-review

Yes – 2 points

Partly/few – 1 point

No – 0 points

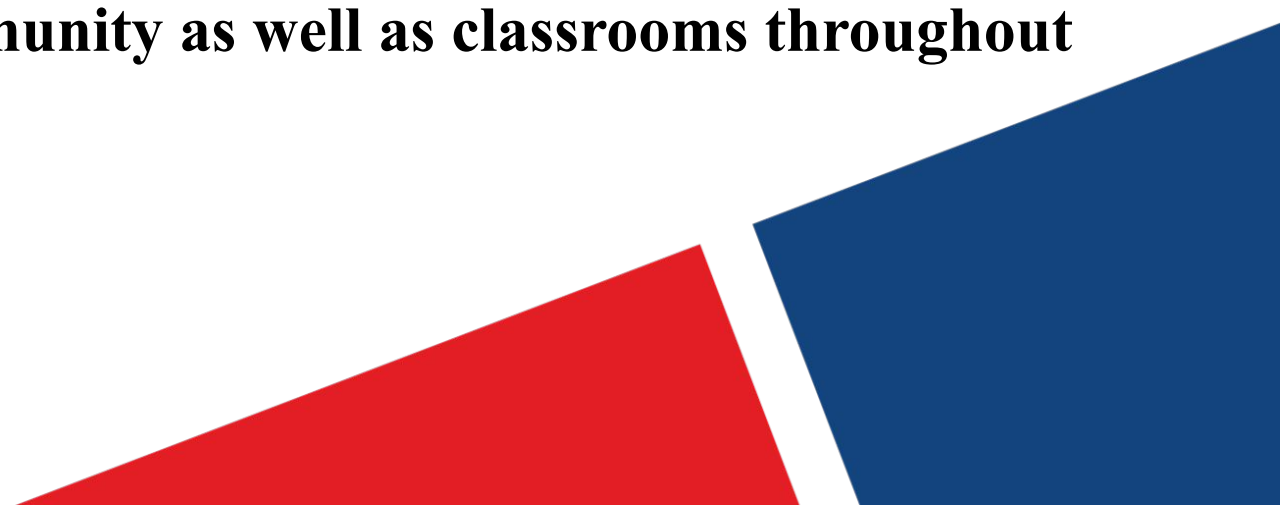
Review the Body paragraph of your peer. Answer the following questions:

1. Has the student written a topic sentence of the body paragraph?
2. Does the topic sentence reflect the idea from the thesis?
3. Has the student written more than two sentences of supporting details?
4. Has the student written the reasons for the topic?
5. Do/es paragraph/s feature examples?
6. Does each paragraph have a conclusion? (OPTIONAL)
7. Is each paragraph written without grammar mistakes? If no, which?
8. Is it written without spelling/vocabulary mistakes? If no, which?

Concluding Paragraph

Read the paragraph below. Answer the first question. Which essay paragraph is it? Can you name the parts?

Have you ever been “**plutoed**” from something? The term “plutoed” was named the word of the year in 2006 by the American Dialect Society. It means to be **demoted** or have the value of something decreased. It comes from the planet Pluto which was discovered as the ninth planet in our solar system in 1930 at the Lowell Observatory in Flagstaff, Arizona. However, that classification changed to a dwarf planet in 2006. **This change became quite a controversy among the science community as well as classrooms throughout the United States.**



Concluding Paragraph

The Essay's Conclusion: Purpose and Format

The last paragraph of an essay is the conclusion. It lets the reader know this is the end of the essay.

Purpose of the Conclusion	One-Paragraph Essay	Multiple-Paragraph Essay
It signals end of the writing.	The conclusion will be the last sentence (maybe last two sentences)	The conclusion will be one entire paragraph.



Concluding Paragraph

Organization of the Conclusion

A conclusion should:

- start with a transition or conclusion word
- restate the thesis statement in different words
- summarize the main points from the body
- include a final thought



Concluding Paragraph



Starting a Conclusion Paragraph

Usually the **conclusion** should begin with a word or phrase to let the reader know this is the end.

Example Conclusion Words

- In conclusion,...
- To summarize,...
- All in all...
- In summary,...
- In short,...
- As it has been noted...

(NOTE: “**Finally**” is *not used* to introduce the conclusion. It is used for the last paragraph of the body.)



Concluding Paragraph

Ending a Conclusion Paragraph

The conclusion paragraph should end with a **final thought** such as:

- A **prediction** about how the subject that you discussed in your paper will continue to develop in the future
- A **recommendation** for you the reader about how to take action on the subject you wrote about
- A closing **opinion** about the topic



Concluding Paragraph

An Example Conclusion Paragraph

Reread the conclusion paragraph from “To Be or Not to Be a Planet”

As it currently stands, there are eight planets in the Solar System according to the IAU. The status of Pluto being reclassified as a dwarf planet set off much controversy with both the professional and amateur astronomers. Many experts are still debating this issue today. Some feel that Pluto still meets the criteria of a planet while others think Pluto should remain a dwarf planet for the three reasons stated by the IAU. Until scientists can prove differently, the debate of whether or not Pluto should be a full planet will live on. After learning how Pluto's rank and classification changed, you can better understand the definition as well as the history of the word “plutoed.”





Concluding Paragraph

An Example Conclusion Paragraph

Notice how the topic sentence begins with a phrase which transitions the reader to the conclusion paragraph and then summarizes a main point from the body of the essay. The second sentence restates the thesis.

As it currently stands, there are eight planets in the Solar System according to the IAU. The status of Pluto being reclassified as a dwarf planet set off much controversy with both the professional and amateur astronomers. Many experts are still debating this issue today. Some feel that Pluto still meets the criteria of a planet while others think Pluto should remain a dwarf planet for the three reasons stated by the IAU. Until scientists can prove differently, the debate of whether or not Pluto should be a full planet will live on. After learning how Pluto's rank and classification changed, you can better understand the definition as well as the history of the word "plutoed."



Concluding Paragraph

This change became quite a controversy among the science community as well as classrooms throughout the United States.

THESIS

The status of Pluto being reclassified as a dwarf planet set off much controversy with both professional and amateur astronomers.

Second sentence in the conclusion

Concluding Paragraph

What Type of Ending Is Used?

Question: In the conclusion paragraph below, what type of ending is used as a **final thought**:
(a) a prediction (b) a recommendation (c) an opinion?

As it currently stands, there are eight planets in the Solar System according to the IAU. The status of Pluto being reclassified as a dwarf planet set off much controversy with both the professional and amateur astronomers. Many experts are still debating this issue today. Some feel that Pluto still meets the criteria of a planet while others think Pluto should remain a dwarf planet for the three reasons stated by the IAU. Until scientists can prove differently, the debate of whether or not Pluto should be a full planet will live on. **After learning how Pluto's rank and classification changed, you can better understand the definition as well as the history of the word "plutoed."**



Concluding Paragraph



What style of ending is used in the Pluto article's conclusion?

Answer: This is a **prediction**. It is making a prediction that the reader will better understand what “plutoed” means after reading the text.

As it currently stands, there are eight planets in the Solar System according to the IAU. The status of Pluto being reclassified as a dwarf planet set off much controversy with both the professional and amateur astronomers. Many experts are still debating this issue today. Some feel that Pluto still meets the criteria of a planet while others think Pluto should remain a dwarf planet for the three reasons stated by the IAU. Until scientists can prove differently, the debate of whether or not Pluto should be a full planet will live on. **After learning how Pluto's rank and classification changed, you can better understand the definition as well as the history of the word “plutoed.”**



Concluding Paragraph

Putting it all together

Read the example thesis statement and body paragraph topics and reasons below. How would you write the conclusion paragraph for this essay?

Thesis Statement: I do three activities to prepare myself for a positive and productive day.

Body Paragraph Topics and Reasons

1. Stretch: helps with sitting, makes my body feel better
2. Walk: clears my mind, breathe fresh air, relieves stress
3. Eat breakfast: healthy, stay focused





Concluding Paragraph

Putting it all together

Your conclusion paragraph might look like this:

To sum up (**conclusion transition words**), when I start my day with a good stretch, a brisk walk and a hearty breakfast, I know that my day will be a good one (**restatement of thesis statement**). If you start your day with a few healthy activities, then you too will have a great day (**prediction**).



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Concluding Paragraph

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Did you keep your notes on Introduction, and body paragraphs?
If not, you'd have to create them again.

Reread your paragraphs, make changes if necessary.

Write a Conclusion Paragraph. Remember to include:

1. Phrase which provide a **transition** from body to the final: *In summary, to conclude, as it currently stands...*
2. **Summarize** the main points of the body;
3. **Restate** the Thesis;
4. Write 2-3 sentences of the **main ideas** from the body;
5. Write a **final thought**: a prediction/a recommendation/an opinion

Peer-review

Yes – 2 points

Partly/few – 1 point

No – 0 points

Review the Concluding paragraph of your peer. Answer the following questions:

1. Has the student used a good transition phrase?
2. Has the student written an overall sentence of essay summary?
3. Is the sentence relevant to the topic?
4. Has the student restated the Thesis statement?
5. Has the student written 2-3 sentences with the body's main ideas?
6. Has the student written a final thought? Is it one of the three types?
7. Is the paragraph written without grammar mistakes? If no, which?
8. Is it written without spelling/vocabulary mistakes? If no, which?



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Using Cause and Effect Transitions

Watch this presentation on cause and effect transition words. Take notes on the main ideas and supporting details. When you are finished, check your knowledge by taking the quiz that follows.



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Choose the correct word to complete the sentence.

Read the sentence below.

1. Complete it with one of the following transitions:
because, since, because of, due to, as a result of,
consequently, as a result.

*Allison's chances of getting a nutritious meal low in
sugar and salt increase _____ her school serves
breakfast to all students.*



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Choose the correct word to complete the sentence.

Read the sentence below.

2. Complete it with one of the following transitions:

because, since, because of, due to, as a result of,

consequently, as a result.

Allison will visit the school nurse less _____ the free breakfast program.



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Choose the correct word to complete the sentence.

Read the sentence below.

3. Complete it with one of the following transitions: because, since, because of, due to, as a result of, consequently, as a result.

Allison eats a nutritious breakfast at school each day. _____ she is in much better health than the average kid.

Choose the correct word to complete the sentence.

Read the sentence below.

4. Complete it with one of the following transitions: because, since, because of, due to, as a result of, consequently, as a result.

Research shows that many kids have poor cognitive function _____ inconsistent meals.

Choose the correct word to complete the sentence.
Read the sentence below.

5. Complete it with one of the following transitions: because, since, because of, due to, as a result of, consequently, as a result.

Tommy is likely to have to repeat a grade in school _____ he doesn't eat breakfast everyday.

Choose the correct word to complete the sentence.

Read the sentence below.

6. Complete it with one of the following transitions:
because, since, because of, due to, as a result of,
consequently, as a result.

Many children in poor communities eat unhealthy,
high-calorie foods that are cheap. _____ they
become obese and develop diabetes.



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Choose the correct word to complete the sentence.

Read the sentence below.

7. Complete it with one of the following transitions:
because, since, because of, due to, as a result of,
consequently, as a result.

Schools have implemented free breakfast programs
for all the students, not only the poor kids. _____
eating the school breakfast is no longer stigmatized.



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Thank you for attention!!!