



Lesson Plan: *How to Stay Healthy*

Level: Intermediate (B1–B2)

Duration: 60–75 minutes

Lesson Objectives

By the end of this lesson, students will be able to:

- ✓ Understand and summarize the main ideas of a podcast episode about healthy habits.
- ✓ Identify and use health-related vocabulary and expressions.
- ✓ Discuss personal health routines and goals using relevant vocabulary.
- ✓ Practice listening comprehension skills with a native-level conversation.

1. Warm-up (10–15 minutes)

Purpose: Activate prior knowledge and introduce the topic.

Activities:

- **Discussion questions** (pair or small group):
 - 👉 What does “being healthy” mean to you?
 - 👉 What do you do regularly to stay healthy?
 - 👉 What’s more important: diet, exercise, or mental health? Why?
- **Write key phrases from the discussion** (e.g., *drink water, go for a walk, avoid sugar, sleep well*).



2. Vocabulary Preview (10 minutes)

Purpose: Pre-teach important terms from the podcast.

Target Vocabulary (note: the definitions are scrambled):

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|---------------------|---|
| 👉 Nutritious | ♦ To continue moving and doing physical activities regularly. |
| 👉 Whole foods | ♦ A person's emotional and psychological well-being. |
| 👉 In moderation | ♦ Limiting or controlling, especially in a strict way. |
| 👉 Restrictive | ♦ The practice of being fully aware of the present moment. |
| 👉 Mindfulness | ♦ Containing substances your body needs to stay healthy and grow. |
| 👉 Mental health | ♦ Foods that are natural and have not been processed or refined. |
| 👉 Stay active | ♦ To start with a small action and gradually add more to it. |
| 👉 Make a difference | ♦ In reasonable amounts; not too much. |
| 👉 Build from there | ♦ To have a positive effect or impact. |

Activity:

- ✍️ Match the word/phrase to its definition or use them in a sentence.
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3. Listening: First Listen (10 minutes)

Purpose: General comprehension. Activity:

- 🎧 Play the podcast episode without interruptions.
 - 🎧 Students answer general comprehension questions:
 - 👉 Who is the guest on the podcast?
 - 👉 What is the main topic?
 - 👉 What are three key ideas mentioned?
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4. Listening: Second Listen (10–15 minutes)

Purpose: Focused understanding.

Activity:

- Play the podcast again in segments (pause after each exchange).
- Students complete a worksheet with gap-fill, true/false, or multiple-choice questions.
- Discuss answers in pairs or as a class.



A. Fill-in-the-Gaps Activity

Listen to the podcast again. Fill in each blank with a word or phrase from the box below. You may need to change the form of the word to fit the sentence.

Word Bank: nutritious – whole foods – in moderation – restrictive – mindfulness – mental health – stay active – make a difference – build from there

1. A healthy lifestyle means eating _____ food, staying active, and managing stress.
2. Many extreme diets don't work long-term because they're too _____.
3. It's best to eat _____ like fruits, vegetables, and whole grains.
4. You can enjoy snacks and desserts _____ without damaging your health.
5. You don't need a gym to _____ — walking or dancing can be enough.
6. Practicing _____ or meditation can help reduce stress.
7. Your _____ is just as important as your physical health.
8. Even a small habit like drinking more water can _____ in your health.
9. Pick one good habit, start with that, and _____.



✓ B. True or False Activity

Listen carefully and decide if the following statements are **True** or **False** according to the podcast.

1. A healthy lifestyle is only about eating vegetables and going to the gym.
 2. Extreme diets often fail because they are too hard to maintain.
 3. Walking your dog or doing chores can be forms of physical activity.
 4. Mental health is less important than physical health.
 5. Staying connected with friends can help improve mental well-being.
 6. Lisa recommends changing your entire lifestyle all at once.
 7. Getting enough sleep is mentioned as a part of staying mentally healthy.
 8. The best kind of workout is one that fits into your schedule, even if you hate it.
 9. The guest speaker's number one tip is to take small, manageable steps.
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5. Speaking & Discussion (10–15 minutes)

Purpose: Encourage use of new vocabulary and critical thinking.

Activity Options:

- Role-play: Recreate the podcast, or parts of the podcast, playing the host and the guest. (between students, or the teacher and the student)
 - Discussion prompts:
 - 👉 What small habits can you start today to be healthier?
 - 👉 Share a time you tried a health fad or diet. Did it work?
 - 👉 What's your opinion on mental health vs. physical health?
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6. Wrap-up & Homework (5 minutes)

Purpose: Review and extend learning.

Wrap-up Questions:

- What was the most useful tip you heard today?
- What is one new word or phrase you learned?

Homework Suggestions:

- Write a short paragraph about a healthy habit you want to build this month.
- Listen to the podcast again at home and write down 5 new words or expressions.