

New Year's resolutions

Level

Pre-intermediate

Tasks

Discussing whether students made and kept any New Year's resolutions
 Guessing the missing information from statistics on health
 Reading an article about a healthy lifestyle
 Matching words to form collocations
 Discussing questions arising from the article

How to use the lesson

- 1 Write the title of the lesson 'New Year's resolutions' on the board and ask students to explain the term. Hand out the worksheet and ask students to discuss their answers to question one with a partner. Elicit some of their answers.
- 2 Ask students to guess the answers by choosing from the three possible figures. They can check their answers in the article.

Answers

(a) 7 (b) 9 million

- 3 Ask students to read the whole article and summarise the key points. Deal with any useful or tricky vocabulary such as: *to keep fit / pilates / stretching / a ban / trend*.
- 4 Ask students to match the words to create collocations from the article. Then ask them to create sentences with some of the collocations.

Answers

(a) <i>to take up jogging</i>	(b) <i>to adopt a life-style</i>	(c) <i>to ban smoking</i>
(d) <i>to install a gym</i>	(e) <i>to join a club</i>	(f) <i>home gym</i>
(g) <i>fitness club</i>	(h) <i>staff canteen</i>	(i) <i>squash court</i>
(j) <i>health industry</i>		

Other possibilities: *to take up smoking / to join a gym / fitness gym / squash club / health club*

- 5 Ask students to discuss the questions in small groups. Monitor the discussions. After the discussions, ask each group to report their ideas to the class. Finally, give students any useful language feedback.

Related websites

Send your students to these websites, or just take a look yourself.

<http://www.forestonline.org/output/Page1.asp>
http://news.bbc.co.uk/2/hi/in_depth/3758707.stm
<http://www.americanheart.org/presenter.jhtml?identifier=537>
<http://www.heartstats.org/homepage.asp>