

HEALTHY HABITS

Name: Sophia Stein **Date:** 11/07/25 **Level:** Upper Intermediate **Number of students expected:** 2-4
Topic: Healthy habits

Main lesson focus (underline one): Grammar / Vocabulary / Pronunciation / Reading / Listening / Speaking / Writing

Learner outcome(s): The students will be able to discuss how frequently they practice healthy habits using adverbs of frequency and new vocabulary.

Grammar: Placement of adverbs and adverbial phrases of frequency

Vocabulary: junk food (n), sedentary (adj)

Phrases: cut back on (VP), get in shape (VP), regularly, seldom, hardly ever, now and again, for the most part, without fail.

Materials: Presentation text, production survey, photos to elicit vocab, P1 error correction sheet, P2 fix the order flashcards

Assumptions: For this lesson I assume the Ss already know... how to use most adverbs of frequency, how to talk about their health habits in general (not technical) vocabulary.

An anticipated problem: The lesson will be too chaotic My proposed solution: Try to keep calm
What I intend to work on based on previous feedback: Manage my time better.

Stage of lesson No. of minutes	Procedure (What I / they do)	Objective (Why am I / are they doing this?)	Main skill students will be practising eg L
Engage	Have the photos up on the board, engage them with their healthy habits. What physical activity they do or what		
Vocabulary	EDCB <u>Vocabulary</u> <u>junk</u> food (n)		L

	<p>cut back on (VP)</p> <p><u>sedentary</u> (adj)</p> <p>get in shape (VP)</p> <p>Included adverb phrases of frequency:</p> <p>Regularly: 60-70%</p> <p>Seldom: 10-20%</p> <p>now and again: 20-30%</p> <p>Hardly ever: 5-10%</p> <p>For the most part: 70-85%</p> <p>Without fail: 90-100%</p>		
<p>Presentation text</p>	<p>D: On your own,</p> <p>I: Read over the text and I think of this question</p> <p>M: FOCUS Q on the board: Did Sandy make small changes to improve her health?</p> <p>T: You have 5 minutes</p>		L

	<p>S: Hand out the writing.</p> <p>Ask them to underline sentences that show how frequently/often Sally does something.</p>		
Teaching grammar point	<p>Ask, what type of word are these?</p> <p>Do they describe an object? (no) Do they describe an action (yes), (try to elicit Adverb)</p> <p>What do we use these adverbs to describe?:</p> <ul style="list-style-type: none"> - to discuss how often something happens. - used to indicate routine or repeated activities. <p>WRITE THE FUNCTION UP ON THE BOARD</p> <hr/>		

Write boxes that have 0-30%, 40-70%,
80-100%.

Ask them to name out the adverbs of frequency
they know.

Put the adverbs of frequency in the boxes of
0-30%, 40-70%, 80-100%.

Then ask them to tell me where the the ones
they don't know go:

Regularly: 60-70%

Seldom: 10-20%

now and again: 20-30%

Hardly ever: 5-10%

For the most part: 70-85%

Without fail: 90-100%

Put three sentences up on the board (should I do
it one at a time?:

I often go for walks after dinner.

Underline the adverb of frequency, then elicit
the word types before and after
(S + adverb of frequency + main verb)

(move onto the sentences with “to be”)

Name another sentence in the text that has the
same structure.

I am never able to focus when I go to bed too
Late.

Elicit the word types before and after, shows the
verb is before the adverb.

What verb is this? (to be)

So (S + to be + adverb of frequency)

Without fail, I am in a better mood when I sleep
at least 8 hours.

Is this a single word? (No), So what this is is an adverbial phrase.

What is the position of the adverb phrase here?
(at the beginning).

Now what about this?

I eat something sweet or have a glass of wine
now and again.

Where is the adverb phrase in this sentence (the end).

So what does this tell us? Can the adverb phrase go only before the sentence or can it go after as well?
(Both).

(Adv phrase + S + V) or

	(S + V+ adverb phrase)		
P1	<p>D: <u>On your own...</u></p> <p>I: Read each sentence and look for errors. Some errors will be about the placement of the adverbs and others will be about which adverb is used. Correct the errors and write the correct sentence below</p> <p>M: (Write up on the board)</p> <p>I go running never during the summer.</p> <p>Look it over, speak out my thought process.</p> <p>Point of the flaw (move 'never' before the main verb (go))</p> <p>T: You have 7-8 minutes</p> <p>S: Hand out</p>	SS will practice their ability to spot the error and correct them. Reinforces the order.	R/W

P2	<p>D: In pairs</p> <p>I: Pick up a flashcard with the words out of order. You will te</p> <p>M:</p> <p>T:</p> <p>S:</p>	SS will practice putting together sentences in the correct way using adverbs of frequency from the jumbled text.	S
Production	<p>D: On your own</p> <p>I: Fill out the survey based on how frequently you do these health habits.</p> <p>M: Mime it on the sheet</p> <p>T: You have 3-5 minutes.</p> <p>S: Hand out survey</p> <p>D: In pairs</p> <p>I: Discuss with your partner how frequently you do the habit for each question. Talk about the</p>	SS will discuss their health habits in detail, their specific methods of staying healthy in a less controlled way.	

	<p>specific reasons and details about your habits. It will be a conversation about each habit.</p> <p>M: *play out the scene with detail*</p> <p>T: you have 15-17 minutes.</p> <p>S: Hand out survey</p>		
Error correction			







The official blog of Sandy Apples

MY SIMPLE HEALTHY HABITS

Getting in shape doesn't have to be difficult. I used to think it was, until I made a few small changes. I often go for walks after dinner. For the most part, I take the stairs instead of the lift. I seldom go to the gym, but I try to exercise in other ways, like doing yoga. It's important to avoid a sedentary lifestyle. Sitting all day makes me feel slow and tired.



I hardly ever eat junk food, and when I do, I eat a small amount. I've also cut down on drinks with a lot of sugar and fried food. These changes have helped me feel more active and alert during the day.

A good sleep schedule is also very important to staying healthy. Without fail, I am in a better mood when I sleep at least 8 hours. I am never able to focus when I go to bed too late. From time to time, I put my phone in the other room to avoid using it before bed.



My meals are simple and regularly include vegetables, rice, and chicken. I eat something sweet or have a glass of wine now and again. I believe health isn't about being perfect. It's about making good choices whenever you can!

Find the error and write the correct sentence below. (Note: One is correct!)

Possible errors: Placement of the adverb (Note: One is correct!)

1. He eats now and again junk food after the gym to reward himself.

_____.

2. She is without fail complaining she wants to get into shape.

_____.

3. We try cutting down never on sugar, even after the holidays.

_____.

4. They are hardly ever sedentary because they need to travel for their jobs.

_____.

5. I go from time to time running along the river before work.

_____.

6. You are often seldom on time for yoga.

_____.

7. They cut down on junk food always in the summer.

_____.

8. I stretch before lifting weights to warm up for the most part my muscles.

_____.

CORRECT ANSWERS:

He eats junk food after the gym to reward himself now and again.

She complains she wants to get into shape without fail.

We never try cutting down on sugar, even after the holidays.

They are hardly ever sedentary because they need to travel for their jobs.

From time to time, I go running along the river before work.

You are seldom on time for yoga.

They always cut down on junk food in the summer.

I stretch before lifting weights to warm up my muscles for the most part.

junk food / I / eat / seldom

when / is / it / often / rains / He / sedentary

alcohol / we / try to / cut back on / From time to time

talks / getting into shape / She / about / without fail

regularly / swimming / go / They / after work

after work / She / feels like / exercising / hardly ever

at the gym / is/ never / He /

Occasionally / until 10 AM / sleep / I / on Sundays

before midnight / They / go to sleep / seldom

For the most part/ We / to work / instead of driving / walk

Adverbs of Frequency – Answer Key

1. I seldom eat junk food.
2. He is often sedentary when it rains.
3. From time to time, we try to cut back on alcohol.
4. She talks about getting into shape without fail.
5. They regularly go swimming after work.
6. She hardly ever feels like exercising after work.
7. He is never at the gym.
8. Occasionally, I sleep until 10 AM on Sundays.
9. They seldom go to sleep before midnight.
10. For the most part, we walk to work instead of driving.



HEALTHY HABITS SURVEY

	Never	Seldom	Regularly	For the most part	Without fail
How often do you eat junk food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you intentionally exercise, for example, go to the gym or play sports?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you eat red meat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you get 8 or more hours of sleep in a night?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you often sedentary, spending a whole day sitting down and indoors?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you cut down on the amount of sugar you eat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you often on your phone right before you go to bed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you walk or bike instead of taking public transport or driving?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you check food labels before buying something?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>