

Unit 8 | Love It!

After Lesson 3

- 1 Look at the poster and point out the four "addictions" — sugary snacks, TV, computer games, and junk food. If necessary, review spider charts and how they work to link ideas or things together. Explain that this spider chart shows some of the possible symptoms of being addicted to these things, but not all the connecting lines are drawn. Give the children a few minutes to read the symptoms on the poster.

- 2 Click on the icon for "sugary snacks" and listen to the audio. Tell the children that they will listen again, and this time they will complete the spider chart for this addiction, so they should listen for the symptoms from the poster and make notes. After listening again, elicit from the class which lines to draw. If you have an interactive whiteboard, draw these on the poster. If not, write the addictions on the board and draw lines to new symptoms which are not already connected on the poster.

Answers

additional lines to weight gain, tiredness, low self-confidence, stress and anxious feelings, and health problems

Poster worksheet: Play the audio again. Have the children complete the spider chart for sugary snacks on their poster worksheet in Activity 1.

Answers

1 bad teeth and breath 2 weight gain 3 tiredness 4 low self-confidence 5 inactive lifestyle 6 health problems 7 stress and anxious feelings.

- 3 Play the audio for other addictions, (computer games, TV, junk food) and have the children make notes. Then match the rest of the symptoms to the addictions on the poster.

Answers

additional lines should be drawn to the following bubbles on the poster.

Computer games: few job opportunities, tiredness

TV: low energy, stress and anxious feelings, health problems, poor sleep, poor learning skills

Junk food: health problems, poor hair and skin condition, stress and anxious feelings, low self-confidence

- 4 Point out that many of these problems on the poster are related. Have a class discussion about whether further lines could be drawn. Can the children think of any other problems these addictions might lead to that are not on the poster? Add these, using your interactive whiteboard or your board spider chart.

Poster worksheet: Have the children complete Activity 2. Explain that this is showing causes and effects. Go through the first example together, which has already been

completed, and discuss how sugary snacks cause bad teeth, which in turn causes bad breath, which in turn can cause low self-confidence and other emotional problems.

Answers

a 1, 2, 3 b 2, 3, 1 c 2, 1, 3 d 1, 3, 2

- 5 As a class, choose another addiction from the Student Book such as collecting stickers or texting/cell phone use and add this to your spider chart, either with the interactive whiteboard pen on the poster, or on your board drawing. Link it to the bubbles already there and/or add other bubbles of your own.

Lesson 6 Extension

- 1 Show the children the poster again. Ask them to work with a friend. One of them is a person with an addiction (Person A) and the other is giving them advice (Person B). First, Person A should choose one of the poster addictions (without giving it away to B) and make notes on how the person with the addiction might feel. For example:
A: *I have very low energy and feel tired all the time. I have bad teeth and this makes me feel unhappy.*
Person B should then try to figure out which addiction they have, then make notes on what advice could help their friend. For example:

A: That's right, I'm addicted to sugary snacks. Can you help me?

B: Why don't you/I suggest you ... eat healthy snacks, eat regular meals, brush your teeth regularly, save sugary snacks as a treat, be active, talk to friends about it.

Have A and B switch roles, and repeat.

Poster worksheet: Have the children complete Activity 3. Children can work in silence, thinking about their own opinions.

- 2 Have a class discussion about poster worksheet Activity 3. What did the children agree or disagree with? Discuss *Is it possible to be addicted to things that are good for us, like sports? Why might this be a bad thing?*

Audioscript

Speaker: **Sugary snacks:** Eating too much sugar is very bad for you. Too much sugar will give you bad teeth, which is not only very ugly, but also gives you bad breath! Sugar can also lead to weight gain. If you gain too much weight you become very tired and have low self-confidence. This can lead to a very inactive lifestyle – maybe even health problems and emotional problems like stress and anxious feelings.

Computer games: Computer games are great, but if you play them all the time you could be in trouble. People who play

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computer games all the time do not take part in healthy activities, like sports. You can quickly lose communication skills, which might stop you from meeting new friends and may even stop you from getting a good job in the future. Also, playing computer games late into the night can make you very tired.

TV: *Watching too much TV is bad for you because it isn't active. You might get out of shape and become low in energy. If you are too inactive you'll gain weight and this can lead to health problems and stress and anxious feelings. Many TV shows are negative, even the news! Watching too much TV can make you feel anxious and might stop you from sleeping. If you watch TV late at night, you may have bad dreams and wake up during the night, making you tired and stressed and unable to learn the next day.*

Junk food: *Junk food is very high in fat. People who eat a lot of junk food can gain weight quickly and become quite sick. A balanced diet is important because it gives you healthy skin and hair and helps you to be smart and happy. A poor, high fat diet can lead to many problems, such as anxious feelings and low self-confidence.*