

# Super English



## Unit 17 - Lesson 1 - Health

# Vocabulary



# Health - Vocabulary



**habit:** something that you do often and regularly, sometimes without knowing that you are doing it (n)



I am in the **habit** of brushing my teeth twice a day.



# Health - Vocabulary



**nutritious:** containing substances your body needs and can use to stay healthy (adj)



I try to eat **nutritious** meals to stay healthy.

# Health - Vocabulary



**mental:** relating to the mind, or involving the process of thinking (adj)



Doing yoga and meditating are good for your **mental** health.



# Health - Vocabulary



**physical:** relating to the body, or to things you can see or touch, not the mind (adj)



Doing sports is good **physical** exercise.

# Reading





# Fuel for Your Body and Mind

Imagine your body is like a race car. What happens if you give it bad fuel? It slows down, right? Just like a car, you need good fuel to go fast and feel great. That means eating nutritious food, thinking positive thoughts, and moving your body. These habits keep both your mental and physical health strong. The best part? When you treat your body well, it rewards you with more energy, better focus, and a happier mood.

**Create good habits!**

1. What is the body compared to in this paragraph?
2. What happens when you treat your body well?
3. What's one healthy thing you do every day?



# What's a Habit Anyway?



1. Do habits happen instantly or over time?
2. What are some healthy habits you have already?
3. Do you think you need to improve some of your habits? Which ones?

A habit is something you do so often that it becomes automatic—like brushing your teeth or saying “hello” to a friend. Healthy habits can make you stronger, help you do better in school, and give you the power to enjoy the things you love. Building habits takes time, but once you have them, they work for you every day without you even thinking about it. That’s the magic of doing something good again and again!

# Grammar





# as + adjective + as

We use **as + adjective/adverb + as** to make comparisons when the things we are comparing are equal in some way.

1. The girl is **as pretty as** her mother.
2. This bread is **as hard as** a rock!
3. That light is **as bright as** the sun!



# Let's Talk!







# Dialogue - Health

Role play with your teacher!

**Nate:** Hey Brent, want to grab a bite to eat with me?

**Brent:** Sure, where are you heading to?

**Nate:** I am craving a hamburger, so maybe we can go to Burger Joe's.

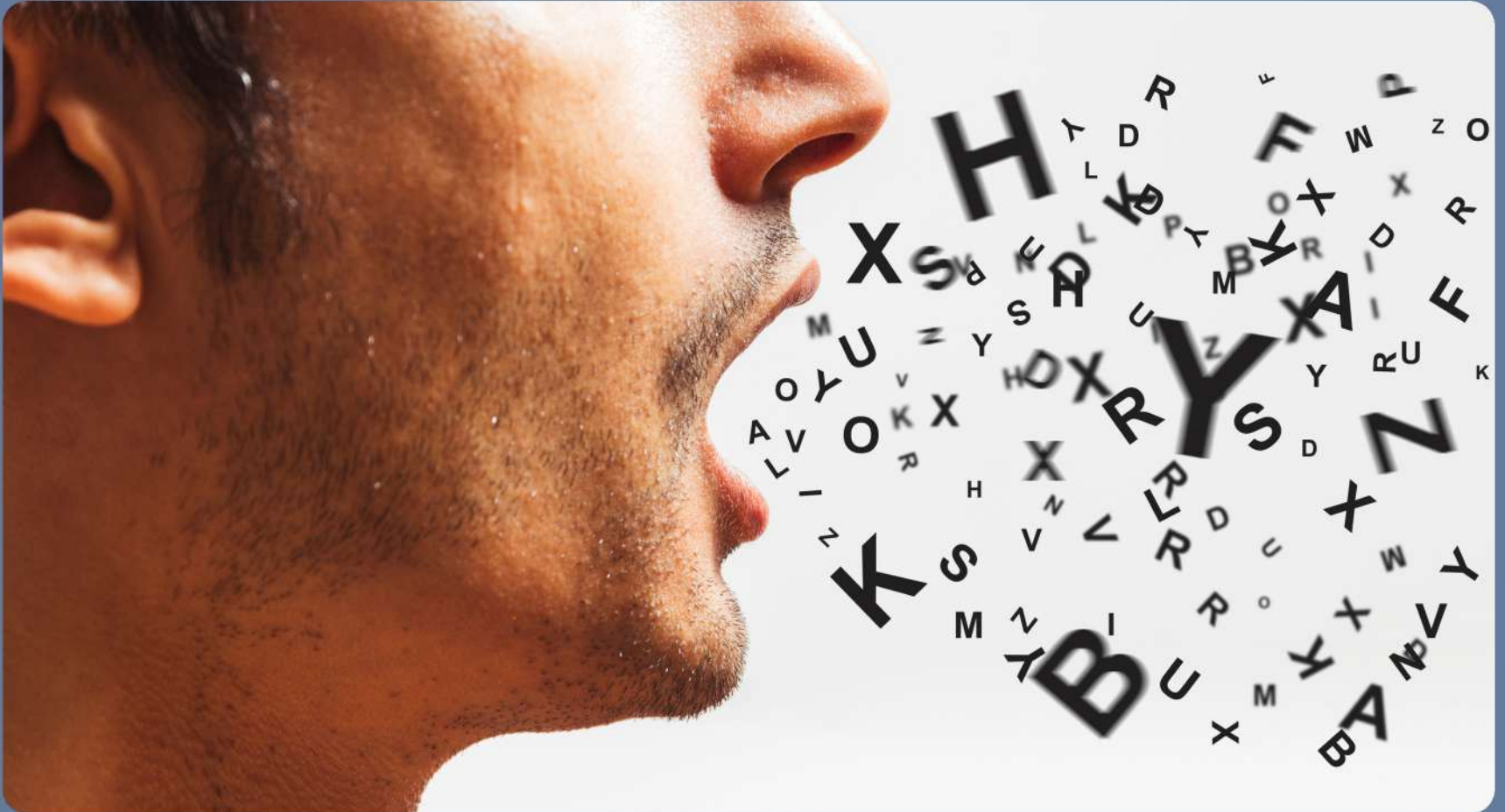
**Brent:** Well, I'm trying to get into the habit of eating healthy foods.

**Nate:** Oh, well, I guess burgers are out of the question, then.

**Brent:** We can find a place that has burgers and some healthy choices.

**Nate:** Sure, I think The Cantine has an excellent selection to choose from.

**Brent:** Sure, and let's walk there to get some more exercise also.





# Prefixes

## Prefixes:

micro = small  
macro = large

microscope  
microbiology  
microfilm  
microwave  
microphone  
microprocessor  
microchip



macrocosm  
macroeconomics  
macroporous  
macrofossil  
macroscopic  
macrosystem  
macrohistory

# See you next time!

