

健康維持

# Staying Healthy

## How do you stay healthy?

### GOALS ～レッスンの目標～

#### 1. To talk about staying healthy

健康維持について話しましょう

#### 2. To ask and answer simple questions about staying healthy

健康維持について簡単な質問をしたり答えましょう

## L1. Warm-up ウォームアップ

Which of the following activities do you usually do?

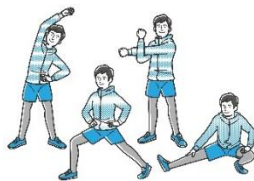
Write numbers 1 to 6 next to them: 1 = you do it the most, 6 = you do it the least

次の活動のうち、あなたが普段しているものはどれですか？

それぞれの項目の横に 1～6 の番号を書いてください：1は「最もよくすること」、6は「あまりしないこと」です。



**eat junk food**  
ジャンクフードを食べる



**exercise**  
体操する



**eat vegetables**  
野菜を食べる



**stay up late**  
夜更かしする



**eat sweets**  
甘いものを食べる



**drink lots of water**  
水をたくさん飲む

## L2. Vocabulary and Expressions ボキャブラリーと表現

How do you stay healthy?

健康のためにどんなことをしていますか？

- I \_\_\_\_\_.



**eat vegetables**

野菜を食べる



**go jogging**

ジョギングする



**drink water**

水を飲む



**sleep early**

早く就寝する

- Sleep/ Exercise/ Water** is very important. 就寝／体操／水はとても大事です。
- Let's stay healthy together!** 一緒に健康維持しましょう！
- Let's do it!** 一緒にやろう！

### Let's Practice!

Read about how these students stay healthy. Then, answer the questions below.

下記の学生がどのように健康を維持しているかを読んで、下の質問に答えましょう。



**JESSA**

- do stretching every day  
毎日ストレッチをする
- avoid oily food  
脂っこい食事を控える
- drink lots of water



**WILSON**

- go jogging twice a week  
週に2回ジョギングをする
- avoid junk food  
ジャンクフードを控える
- get up early



**CRISTY**

- sleep at 10:00 p.m.
- eat vegetables every day  
毎日野菜を食べる
- do yoga

#### QUESTIONS:

1. What does Cristy eat every day?
2. What does Jessa do every day?
3. How often does Wilson go jogging?
4. What time does Cristy sleep?
5. What kinds of foods does Wilson avoid?

### L3. Core Sample Talk サンプルトーク

Act this out with your teacher. Try to make eye contact when you talk.

先生と音読しましょう。話すときは目を合わせるようにしましょう。



Hey Daiki, how do you stay healthy?

I eat vegetables and go jogging.



That's great! I drink water and sleep early.

Good idea! Sleep is very important.



Let's stay healthy together!

Yeah, let's do it!



### L4. Let's Talk レッツトーク！

Let's talk about staying healthy.

健康維持について話しましょう。



#### Step 1 Talk to your teacher about...

##### how you stay healthy

- What do you do?
- How often do you do these things?
- When did you start doing them?
- Why is staying healthy important to you?

##### Try to use the following expressions:

- I do \_\_\_\_\_.
- I eat \_\_\_\_\_.
- I try to \_\_\_\_\_.
- \_\_\_\_\_ is very important.

#### Step 2 Ask your teacher about...

##### how they stay healthy

- What do they do?
- How often do they do them?
- When did they start doing them?
- Why is staying healthy important to them?

##### Try to ask about:

- a healthy habit they recommend
- the benefits of staying healthy

**A Short PRAYER** ～お祈り～

Let us pray...

Teacher: Dear God, Thank you for your love.

Thank you for today's lesson with \_\_\_\_\_.

AMEN.

Student: Dear God, Thank you for today's lesson with

Teacher \_\_\_\_\_. AMEN

