

Total English

Advanced

Healthy or unhealthy lifestyles?

1 Go to www.bbc.co.uk and then 'health' on the left of the homepage. Next click on 'TV and Radio; Honey, we're killing the kids' and finally 'Meet the families'. Read about the families and then mark each of the statements below *true* (t) or *false* (f).

- a) The Morrison household is chaotic as a result of Zac and Connor's TV addiction and love of fast food.
- b) Their parents, Emma and Alan, are happy to take responsibility for this situation.
- c) There are more televisions in the Bowers household than people.
- d) The lack of structure in Lauren and Chloe's lives could have a negative impact on their confidence.
- e) Daniel and Shannon Lunn have very similar diets.
- f) The Davies children are not susceptible to mood swings.
- g) Kieran Sellers is defiant that he can do what he wants.
- h) Lisa and Mark Hopewell-South do not let their daughters do what they want.
- i) Lots of people come and visit the McDowell family.

2 Now click on 'Golden Rules' on the left side of the page and answer the following questions.

- a) How does Kris ensure that the families aren't overwhelmed by the rules she gives them?
- b) What is Kris's tough stance on unhealthy food?
- c) What is the advantage of earlier bedtimes for children?
- d) What is Kris's advice on television?
- e) What are the advantages of structured activities outdoors or otherwise?
- f) What does Kris recommend as part of learning respect?
- g) What is 'You time'?
- h) What do you think is meant by 'children who are waited on hand and foot'?
- i) What are the benefits of getting children motivated?

3 Discuss with your partner. What are your views on the issue of healthy eating for children and how unhealthy eating and lifestyle can affect their behaviour?



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TEACHER'S NOTES:

Aim: to use the Internet to explore the theme of issues. This webquest is designed to be used in conjunction with unit 8.

Time: 45 minutes – 1 hour

Materials: copy of the worksheet for each student

- 1 Make sure that students are on the correct website. Tell them to read the statements and check whether they are true or false. Elicit answers from the class.

Answers (correct at time of going to press): a) true; b) false - they are unwilling to take responsibility; c) true; d) true; e) false - they have completely different diets; f) false - they are; g) true; h) false - they give them 'free rein'; i) true

- 2 Students answer the questions. Monitor to check if they need help with any language. Elicit answers from the class.

Answers (correct at time of going to press):

- a) Only three rules a week are introduced over a three week period.
- b) Zero tolerance! Get rid of all fizzy drinks and junk food and replace it with healthy food.
- c) High anxiety levels and poor concentration can be improved.
- d) Take TVs out of children's rooms and limit TV in the shared room. Also watch TV with children and make sure they have an hour of exercise each day.
- e) Children focus their energy on learning new skills and making friends.
- f) Make sure each child has one minute during mealtimes to talk about themselves every day.
- g) Time away from the house and children for the parent.
- h) Children that do nothing around the house at all. Their parents do everything for them.
- i) Activities that have tangible results and require regular practice focus children and improve their self-esteem as well as getting them away from the television.

- 3 Students discuss the issues arising from this website theme.



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