

Total English

Intermediate

Health and wealth

1 You are going to find out some information about wealth and health. Log on the internet and type in www.submyourarticle.com/articles/Tania-French-708/Money-3932.php. Answer the following questions.

- 1 In the opening paragraph the writer says the article has a lot to do with living what type of life?
- 2 **The Secrets of Living Longer** focuses on a region where there is a high rate of people living:
 - (a) over 80
 - (b) over 90
 - (c) over 100
- 3 Is a strong sense of purpose a positive or negative factor against stress and diseases?
- 4 Is a lean diet high in fat or low in fat?
- 5 What is the benefit of eating sea vegetables?
- 6 Name some of the foods in the people's 'cabinets of preventative medicine'
- 7 According to the article, good friends are as important as partners in life. True or false?
- 8 What is the advantage of sharing work with your partner?
- 9 Does the article claim that reading about other people's prosperous lives makes us jealous or aspire more to that type of life?
- 10 What does the writer mean by comparing success to the 'hourglass effect'?

2 Talk to your partner! Read the ten keys to success again. In pairs, discuss whether you agree/disagree with the writer for each point. Explain your views.

Write an alternative recommendation below for each view that you disagree with as well as three extra keys for success.

- 1 _____
- 2 _____
- 3 _____

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TEACHER'S NOTES:

Aim: to use the internet to find out about wealth and health. This webquest is designed to be used in conjunction with unit 4.

Time: 40 minutes

Materials: photocopies of worksheets for each student

- 1 Make sure that all students are on the correct website. Get students to answer the questions. Monitor, and help where necessary, to check that students are finding the right information. Elicit the answers from the class.

Answers: (correct at the time of going to press) 1 a prosperous wealthy life 2 c, over 100 (a high rate of centenarians) 3 positive - it acts as a buffer 4 low in fat 5 Sea vegetables transform radioactive elements and excrete it out of your body as a harmless salt. 6 herbs, spices, fruits and vegetables, such as Chinese radishes, garlic, scallions, cabbage, turmeric and tomatoes 7 true 8 you could stimulate more creativity 9 it makes us aspire more to that type of life 10 as the sand drops through the hourglass drop by drop, as you also succeed step by step, the sand accumulates as does your habit to continually be successful, healthy and wealthy!

- 2 Ask students to reread the article again marking with a question mark any views they disagree with. Students discuss each key to wealth/health with their partner and offer an alternative for any they disagree with. Finally students write a final three keys to wealth and health to finalise the offering.

As a follow-up, write the following quote from the unit's lead-in page on the board:

Happiness comes from spiritual wealth, not material wealth.

Ask the class if they think the article reflects this. Then students can discuss with their partners how much they agree/disagree with this statement.