**Lesson:** Heathy Old Age

**Lesson Text:** [**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

**Learning Outcome**

By the end of this lesson, students should be able to:

* Identify lexical items related to the contents of the unit.
* Listen for general and specific information from an audiotext.
* Repeat with accuracy the content of the lesson text.
* Practice grammar (gerunds, present perfect, sentence voice, modal would) in the context of the lesson main text.
* Retell a conversation related to the contents of the lesson.
* Express themselves following a model about their idea of a healthy old age.

**Warm Up**

Have you ever thought about how your life will be like when you grow old? If so, tell us about it!

**1. Vocabulary (5 min)**

 **Adapted from:** Oxford Learner’s Dictionary

|  |
| --- |
| **n.:** noun **adj.:** adjective **adv.:** adverb **v.:** verb **v.ph.:** verb phrase |

* consulting (n.) [kon-ˈsol-tɪn]: the business of giving expert advice to other professionals, typically in financial and business matters.

**E.g.:** We do *consulting* for our clients.

* novel (adj.) [ˈna-vel]: new or unusual in an interesting way.

**E.g.:** There’s a *novel* idea about that.

* one-on-one (adv.): denoting or referring to a situation in which two parties come into direct contact.

**E.g.:** We talk to each other *one-one-one*.

* move forward (v. ph.): move on or toward the front so as to make progress.

**E.g.:** We *move forward* with our lives.

* fulfilling (adj.) [ful-ˈfɪ-lɪn]: able to make someone satisfied or happy

**E.g.:** You’d be surprise how *fulfilling* it is.

* wrestler (n.) [ˈrest-ler]: a person who takes part in wrestling, especially for sport.

**E.g.:** My father was a professional *wrestler*.

**2. Listening Comprehension: General and Specific.**

**2.1.** What’s the relationship between Norm and Szasz?

**A.** They are neighbors. **B.** They are spouses. **C.** They are just coworkers.

**2.2.** Listen again to the conversation and answer the following questions:

**a)** How did Norm and Szasz meet?

**b)** How do they make their living nowadays?

**c)** According to Szasz, what’s the most difficult thing of working from home?

**d)** Who was Norm’s dad? What did she learn from him?

**e)** How did Norm and Szasz change after taking a medication called *Prevagen*?

**3. Pronunciation Practice: Say it correctly!**

**Directions:** Under your teacher’s supervision,practice reading the ad transcript for pronunciation purposes. As you read, pay closer attention to the pronunciation of the **bolded words** **and phrases** and keep in mind the American English phonetic features indicated in the chart:

|  |
| --- |
|  Blending Flapped *t* or *d*  |

**Norm:** I'm Norm and I'm 82 years old.

[**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

**Szasz:** I'm Szasz and I'm 75 years old.

**Norm:** And we live in Columbia, Missouri. We met in 1984. Szasz was hired by the same agency tha*t* I was working for already. We do consulting, but we also have clients for which we **primarily** [praɪ-ˈm**e**-rɪ-lɪ] write.

[**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

[**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

**Szasz:** We've **ha*d*** **our** [ˈhaa-*r*aor] offices **in our** [ɪ-ˈnaōr] home for probably about 20 years and the most difficult part about that is learning to separate your business from your home life.

**Norm:** There's a novel idea; and that is, we talk to each other one-on-one and **you'd** [ɪud] be surprised how enormously fulfilling it is.

**Szasz:** So, we sit by the fire, we **discuss** [dɪs-ˈkos] things with each other and move forward with our lives. My dad was a professional wrestler in the '40s and he always **taught** [tot] me to eat well, and to take **vi*t*amins** [ˈvaɪ-*r*a-mɪns], and to exercise above everything else. And so, we walk 3-5 times a week, a couple miles at the time. I wanted to be just like him when I was older.

**Norm:** In 2007, we did some work for *Prevagen* and **subsequently** [ˈsob-sɪ-kuent-lɪ] began taking it. And, as a result of that, for about 30 days of taking it, we **no*t*iced** [ˈnou-*r*ɪs] a clari*t*y that we di*d*n't notice before. As we watch quiz shows on television, we're much better a*t* answering the questions than we were before.

**Szasz:** We still are taking it after all this time and it's still helping. I still notice a difference. Just try it. Get some, try it, take it, see wha*t* it does for you, just like it did for us.

[**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

[**https://www.youtube.com/watch?v=INEG50zFrRU**](https://www.youtube.com/watch?v=INEG50zFrRU)

**4. Grammar in Context (5 min)**

**Directions:** Read the following excerpts again and answer the questions in each case:

**a)** *Szasz was hired by the same agency that I was working for already.*

**Question:** How could we change the voice into active?

**A.** I hired Szasz to work with me at the agency.

**B.** The same agency I was already working for hired Szasz.

**C.** Szasz was hired by my agency.

**b)** We also have clients for which we primarily write.

**Question:** Which other way could we combine these two clauses?

**A.** We also have clients we primarily write for.

**B.** We also have clients for who we primarily write for.

**C.** We also have clients for we primarily write.

**c)** We've had our offices in our home for probably about 20 years.

**Question:** What does the present perfect form (we’ve had) express?

**A.** An action completed in the past.

**B.** An action going on in the present.

**C.** An action that started in the past but is still going on at the present moment.

d) *You'd* be surprised how enormously fulfilling it is.

**Question:** What does the contracted form “you’d” stand for?

**A.** you had

**B.** you would

**C.** you should

f) For about 30 days of taking it, we noticed clarity that we didn't notice before. As we watch quiz shows on television, we're much better *at answering* the questions than we were before.

**Question:** Why are the *-ing* forms (*taking* and *answering*) being used?

**A.** Because they are used as auxiliars in present-continuous verb forms.

**B.** Because they are used after prepositions.

**C.** Because they areused as subjects.

**5. Vocabulary: *Synonyms***

**Directions:** Say the bolded words and phrases some other way.

a) The **most difficult** part about that is learning to separate your business from your home life.

b) We talk to each other one-on-one and **you'd be surprised** how enormously fulfilling it is.

c) We **discuss** things with each other and **move forward** with our lives.

d) He always taught me to exercise **above everything else**.

e) We did some work for *Prevagen* and **subsequently** began taking it.

f) **As a result of that**, for about 30 days of taking it, we noticed clarity that we didn't notice before.

**6. Speaking: Saying Fluently! (15 min)**

**6.1. Re-telling: *Norm and Szasz’s Life***

**Directions:** Go back to the video ad presented as the lesson text and tell about Norm and Szasz’s life. What do they say about themselves?

**Ice breaker:** *Norm and Szasz are a healthy senior couple. He’s 82 and she is 75…*

**5.2. Monologue: *Healthy Old Age***

**Directions:** Read the questions below and answer them in the form of a brief monologue. Feel free to add any information you consider relevant to your presentation.

**a)** Are you in favor or against taking memory supplements? Explain your answer.

**b)** How does our lifestyle affect our mind functioning when we grow older?

**c)** What activities can a person do in order to prevent memory loss?

**d)** What would be your personal recommendations for someone struggling with memory loss?

**e)** What’s your idea of a “healthy aging”? How do you picture your life at a much older age?