

**SMK DPHA GAPOR, STAMPIN**  
**DAILY LESSON PLAN**  
**English Language Form 2**

Class : Form 2 \_\_\_\_ Time : \_\_\_\_\_ Duration : 40 mins  
 Date : \_\_\_\_\_ Day : Mon / Tue / Wed / Thu / Fri / Sat

1 **THEME** Health

2 **TOPIC** Unit 7 Health is Wealth

3 **LEARNING OUTCOMES/OBJECTIVES**

1. To activate students' background knowledge on the importance of good health
2. To talk about and name the types of food for physical and mental health
3. To talk about and name the activities for physical and mental health
4. To talk about ways to stay healthy

4 **ACTIVITIES**

**Activity 1 What's in the Title?**

1. Guide all students to talk about the title, 'Health is Wealth'.
2. Ask the following questions:
  - o What does the word, 'health' mean?
  - o What does the word, 'wealth' mean?
  - o What does 'Health is Wealth' mean?
  - o Why do we need to stay healthy?

**Activity 2 Staying Healthy**

1. Draw students' attention to the picture.
2. Ask students the following questions:
  - ^ What do you see in the picture?
  - ^ What does the phrase 'mental health' mean?
  - ^ What does the phrase 'physical health' mean?
  - ^ What are the types of food do you eat to stay mentally healthy?
  - ^ What activities do you do to stay mentally healthy?
  - ^ What are the types of food do you eat to stay physically healthy?
  - ^ What activities do you do to stay physically healthy?
  - ^ Why is it important to be mentally and physically healthy?

**Activity 3 Healthy Living**

1. Invite students to share and talk about the types of food they eat and the activities they do to stay healthy.
2. Teacher guides students by asking the following questions:
  - o What do you usually eat to stay mentally healthy?
  - o What do you usually eat to stay physically healthy?
  - o What activities do you do to stay mentally healthy?
  - o What activities do you do to stay physically healthy?
3. Teacher share the types of food he/she eats and the activities that he/she does to guide the students in giving their responses.  
 Examples:
  - I usually eat fish and play chess to stay mentally healthy.
  - I usually eat meat and play hockey to stay physically healthy.

5 **TEACHING AIDS**

Chalk & BB		Charts/Posters		Others:	
Computer & LCD Projector		Newspapers/Magazines			
OHP & Transparencies		Reference/Dictionary			
Printed materials/Handouts		Workbook/Textbook			

Resources:

Page 37 : Stimulus on Health is Wealth  
 Pages 98 - 100 : Creative Notes for Teachers

6 **MORAL VALUES**

Diligence		Cleanliness		Conscientiousness		Others:	
Co-operation		Responsibility		Open-mindedness			
Rationality		Appreciation		Respect			
Justice		Sensitivity		Public-spiritedness			
Moderation		Independence		Civic awareness			

7 **REMARK/REFERENCE/MATERIALS**

- ^ Students' Handbook
- ^ Creative Notes for Teachers

8 **REFLECTION**

9 **LIST OF STUDENTS WHO DID NOT ATTEND THE LESSON**

	FULL NAME	CLASS	REMARK	SIGNATURE
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Signature of Panel Head

Signature of Principal

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Date:

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7 **REMARK/REFERENCE/MATERIALS**

- ▲ Students' Handbook
- ▲ Audio-Video DVD
- ▲ Creative Notes for Teachers

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1 **THEME** Health

2 **TOPIC** Unit 7 Health is Wealth

3 **LEARNING OUTCOMES/OBJECTIVES**

1. To learn the sentence patterns used to describe food for healthy living.
2. To practise using the sentence patterns and the vocabulary learned.

4 **ACTIVITIES**

**Activity 1 Healthy Vegetable (Ulam)**

1. Draw students' attention to the pictures.
2. Get all students to predict what the video is about by asking the following questions:
  - o What do you see on this page?
  - o What do you think this video is about?
3. Play the audio-video DVD. Get students to watch the video.

**Activity 2 Pause and Practise**

1. Play the audio-video DVD and pause at the following sentence patterns:
  - ▲ 'Ulam' is best eaten raw.
  - ▲ I love/ He loves ...
  - ▲ 'Ulam' contains vitamins, minerals and fibre.
  - ▲ The 'ulam raja' helps to ...
2. At every pause, teacher initiates discussion. The discussion is to help students see and be made aware of the sentence patterns used to describe food for healthy living.  
 Suggested questions and answers:
  - What is 'ulam'?  
*Vegetables which are eaten raw.*
  - What can you eat your 'ulam' with?  
*You can eat your 'ulam' with 'sambal', 'budu' and 'cincalok'.*
  - How is 'ulam' best eaten?  
*'Ulam' is best eaten raw.*
  - What does grandfather love?  
*He loves 'pucuk mengkudu'.*
  - What does 'ulam' contain?  
*'Ulam' contains vitamins, minerals and fibre.*
  - What is the benefit of 'ulam raja'?  
*It helps to build strong bones.*
3. Get students to respond or retell the situations in the video at the pauses selected which encourage the use of the sentence patterns.
4. Ensure that all students participate actively. Replay and pause if necessary.

**Activity 3 Guess My Name!**

1. Get students to work in two groups. (Group A and Group B)
2. A student from Group A describes any type of vegetables while students from Group B guess its name (vice-versa).
3. Teacher models the sentence patterns to be used. For example:  
*"I am long, slim and green in colour. I am best eaten raw with 'sambal belacan' or cooked with eggs or curry. I help to keep acne away from your skin. What am I?"*  
*Suggested answer: Long bean*
4. The group who gets the most number of correct answers will be the winner.

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Resources:

Page 39 : Language in Use (Health is Wealth)  
 Pages 103 - 105 : Creative Notes for Teachers

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3 **LEARNING OUTCOMES/OBJECTIVES**

1. To share and talk about ways to stay physically and mentally healthy.
2. To practise the vocabulary learned
3. To practise the pronunciation of the vocabulary
4. To practise sentence patterns related to healthy living

4 **ACTIVITIES**

**Activity 1 Healthy Habits**

1. Draw students' attention to the picture.
2. Ask the following questions:
  - What do you see on this page?
  - What do you see in Picture 1?
  - What do you see in Picture 2?
  - What do you see in Picture 3?
  - What do you see in Picture 4?
3. Teacher emphasizes that healthy food intake and activities are important to stay mentally and physically healthy.

**Activity 2 Interview Me**

1. Get the students into pairs.
2. Tell students that they will be interviewing their friends about activities they do to stay physically and mentally healthy. They are not allowed to write down any of the information.
3. Teacher demonstrates with one student. Ask a student the following questions:
 

T : What food do you eat to stay healthy?  
 S : I eat fish to stay healthy.  
 T : What games do you play with your friends?  
 S : I play football with my friends.  
 T : Why do you do these activities?  
 S : It is fun and good for health.

**Activity 3 Let's Share**

1. Invite students to share about their friend's activities/results of the interview with the class.

**Enrichment Activity Let's Gather**

Get students to gather pictures from newspapers and magazines on ways to stay healthy. The pictures may include types of food and activities done to stay physically and mentally healthy. Then, compile the pictures into a scrapbook to be used in the next lesson.

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Resources:

Page 40 : Language in use (Health is Wealth)  
 Pages 106 – 107 : Creative Notes for Teachers

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**Activity 1 Trigger Your Senses**

1. Draw students' attention to the picture.
2. Ask the following questions:
  - o What do you see in the picture?
  - o What is the girl doing?
  - o What is she talking about?

**Activity 2 Show and Tell (B4DL2E1)**

1. Get the students to sit in a semi-circle.
2. Draw all students' attention to the scrapbook they have prepared earlier.
3. Get students to take turns to show and tell ways to stay healthy.
4. Encourage other students to ask questions during the show and tell sessions.  
 (This is to ensure that all students are actively involved during the show and tell session).

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Resources:

Page 41 : Having fun (Health is Wealth)  
 Pages 108 – 109 : Creative Notes for Teachers

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