

LISTEN A MINUTE.com

Vitamins

<http://www.listenAminute.com/v/vitamins.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

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 **THE LISTENING TAPESCRIPT**

From: <http://www.listenAminute.com/v/vitamins.html>

Our bodies need vitamins, that's a fact. If we don't get enough vitamins, we become ill. But how do we know if we're getting enough vitamins. I worry about that. Especially because a lot of the food I eat isn't so healthy. I wonder how many vitamins there are in pizza and French fries. I know I should eat more fruit and vegetables – that's where the vitamins are. I thought about buying vitamin pills and vitamin supplements. But then I didn't like the idea of this. I read these are not so good for you. I really need to read up on vitamins. I have no idea what they do. Where do I get vitamin A and what does it do? I know vitamin C comes from fruit. I guess I should start eating more fruit.



LISTENING GAP FILL

From: <http://www.listenAminute.com/v/vitamins.html>

Our bodies need vitamins. _____. If we don't get enough vitamins, _____. But how do we know if we're _____ vitamins. I worry about that. Especially because a lot of the food I eat _____. I wonder how many vitamins there are in pizza and French fries. I know I should eat more fruit and vegetables - that's where _____. I thought about buying vitamin pills and vitamin supplements. But then I didn't _____ of this. I read these are not so good for you. I really need to read up on vitamins. I _____ what they do. Where do I get vitamin A and what does it do? I know vitamin C comes from fruit. I guess I _____ more fruit.



CORRECT THE SPELLING

From: <http://www.listenAminute.com/v/vitamins.html>

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UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/v/vitamins.html>

Our bodies need vitamins. That's a fact. If we don't get vitamins enough we will become ill. But how do we know if we're getting enough vitamins. I worry about that. I eat a lot of food that isn't so healthy. Especially pizza and French fries. I know I should eat more fruit and vegetables – that's where the vitamins are. I thought about buying vitamin pills and supplements. But I didn't like the idea. I read these are not so good for you. I need really vitamins. I have no idea what they do. Where do I get vitamin A and what does it do? I guess I should start eating more fruit.



 **DISCUSSION** (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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 **DISCUSSION** (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

STUDENT VITAMINS SURVEY

From: <http://www.listenAminute.com/v/vitamins.html>

Write five GOOD questions about vitamins in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.



 **WRITING**

From: <http://www.listenAminute.com/v/vitamins.html>

Write about vitamins for 10 minutes. Show your partner your paper. Correct each other's work.



HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET INFO: Search the Internet and find more information about vitamins. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about vitamins. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. VITAMINS POSTER Make a poster about vitamins. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY VITAMINS LESSON: Make your own English lesson on vitamins. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on vitamins. Share your findings with the class.

