

SMART JUNIORS 1

The Keys to a Healthy Lifestyle

Lesson 22 Read for Detail



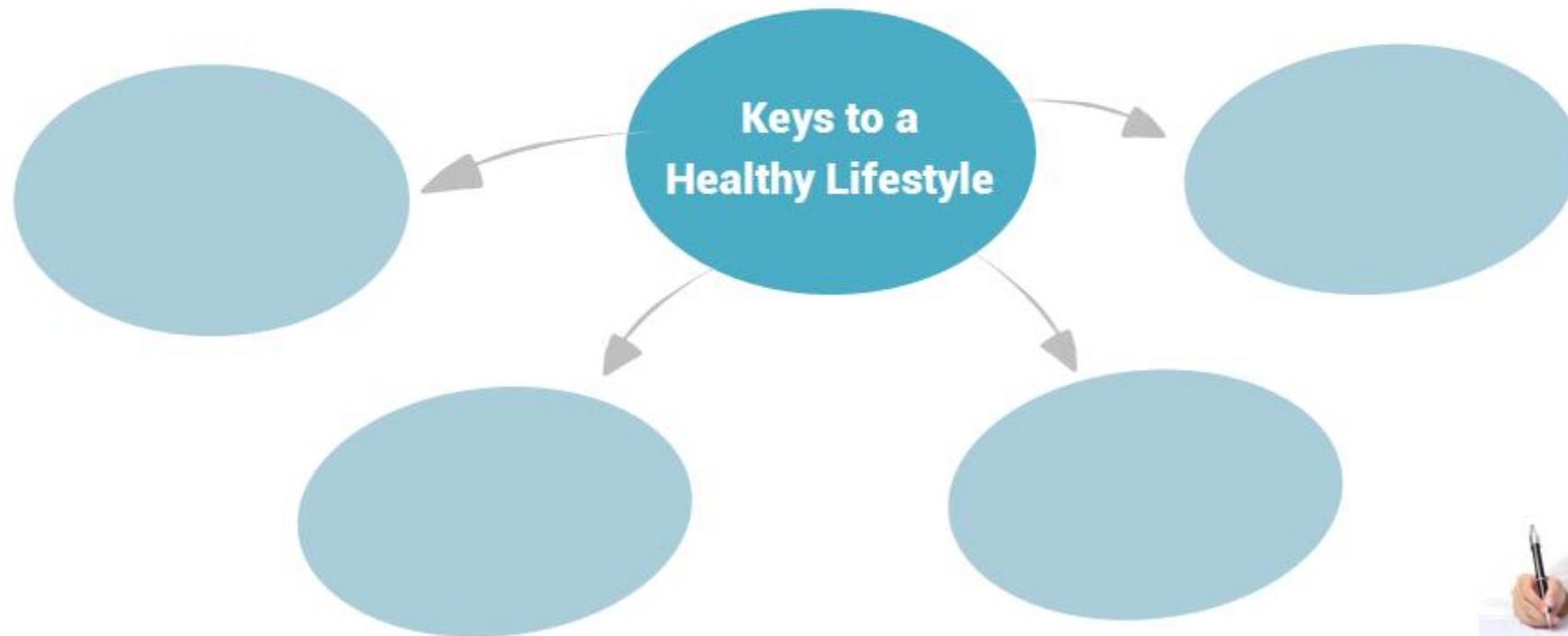
Brainstorming and Organizing Ideas

- **“Brainstorming and organizing ideas”** is a very important skill when we generate different ideas about a topic. They help you see connections between the topic, the main ideas, and the details.



Use An Idea Map

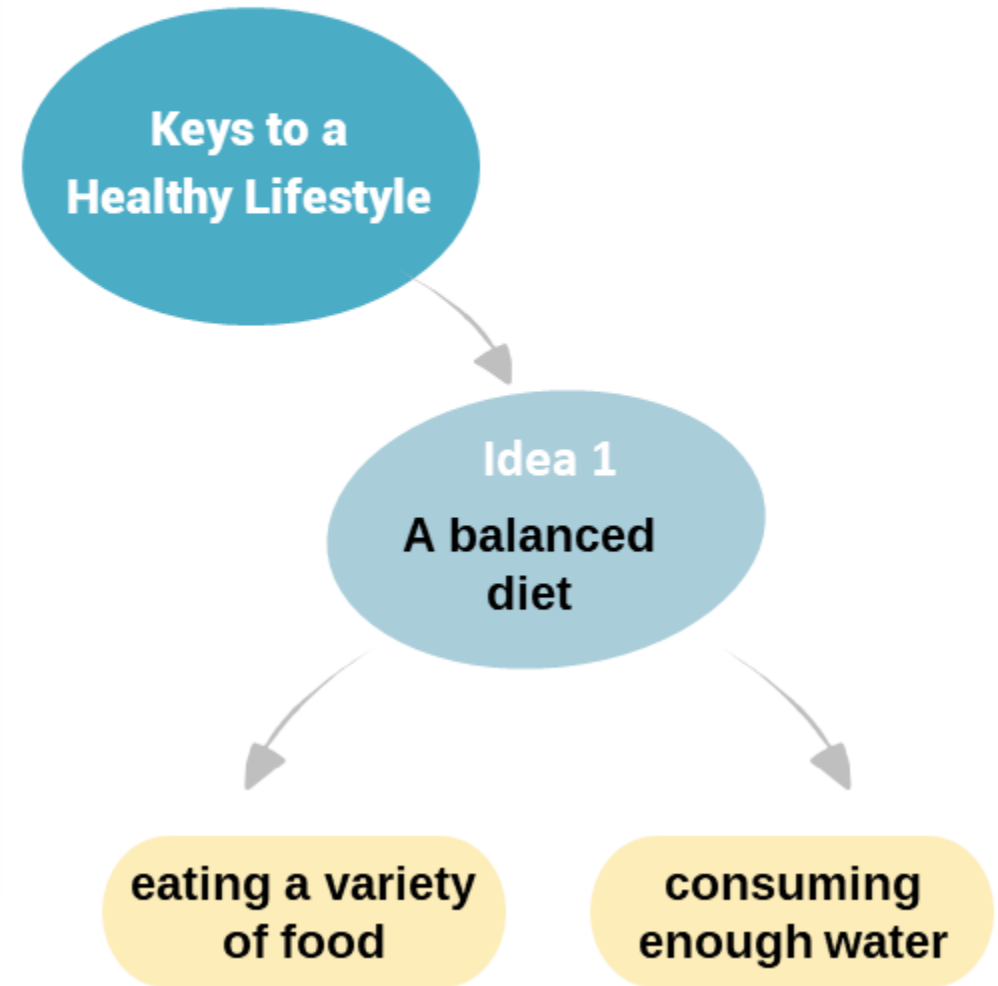
- An **idea map** can be used for collecting and organizing all your ideas. Do you still remember what the four key aspects of a healthy lifestyle are?



The Keys to a Healthy Lifestyle | Paragraph 2

Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.

- Check the example idea map for paragraph 2.

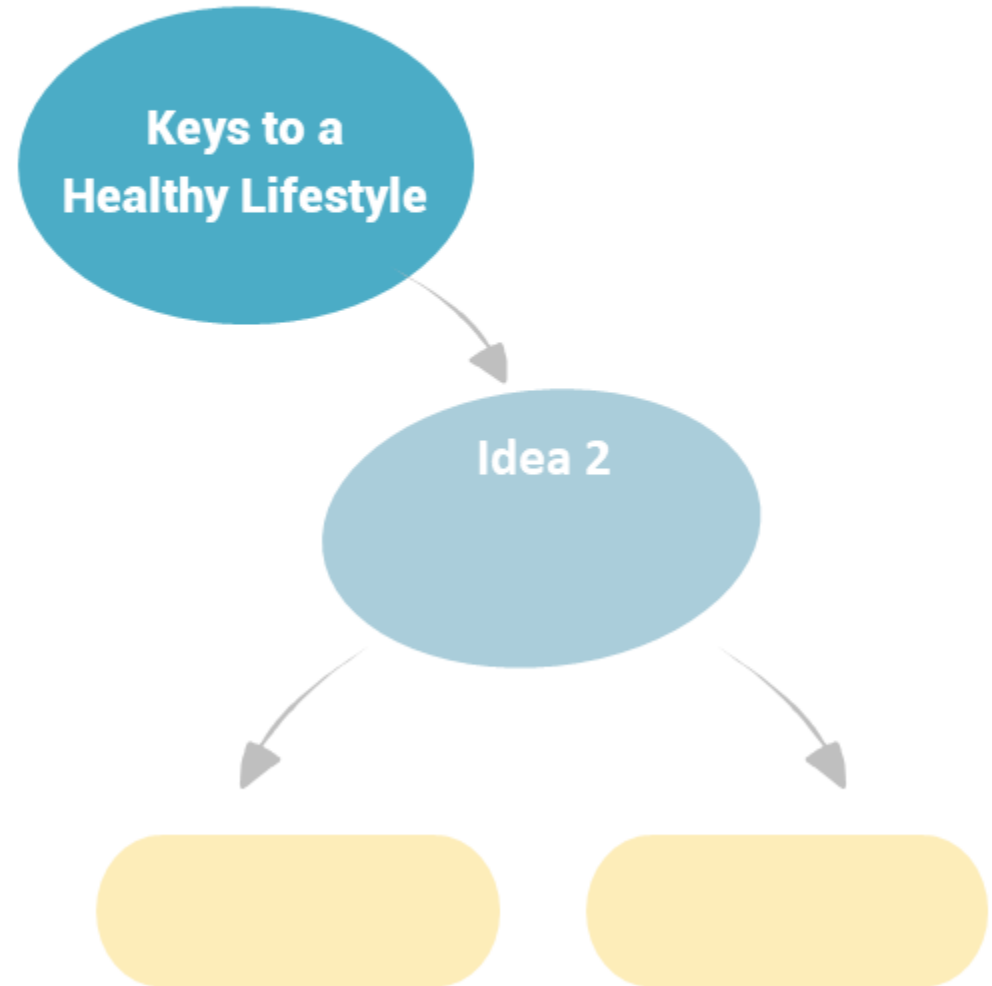


LET'S ANALYZE

The Keys to a Healthy Lifestyle | **Paragraph 3**

Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.

- Read the paragraph and identify Idea 2 along with its two supporting details.

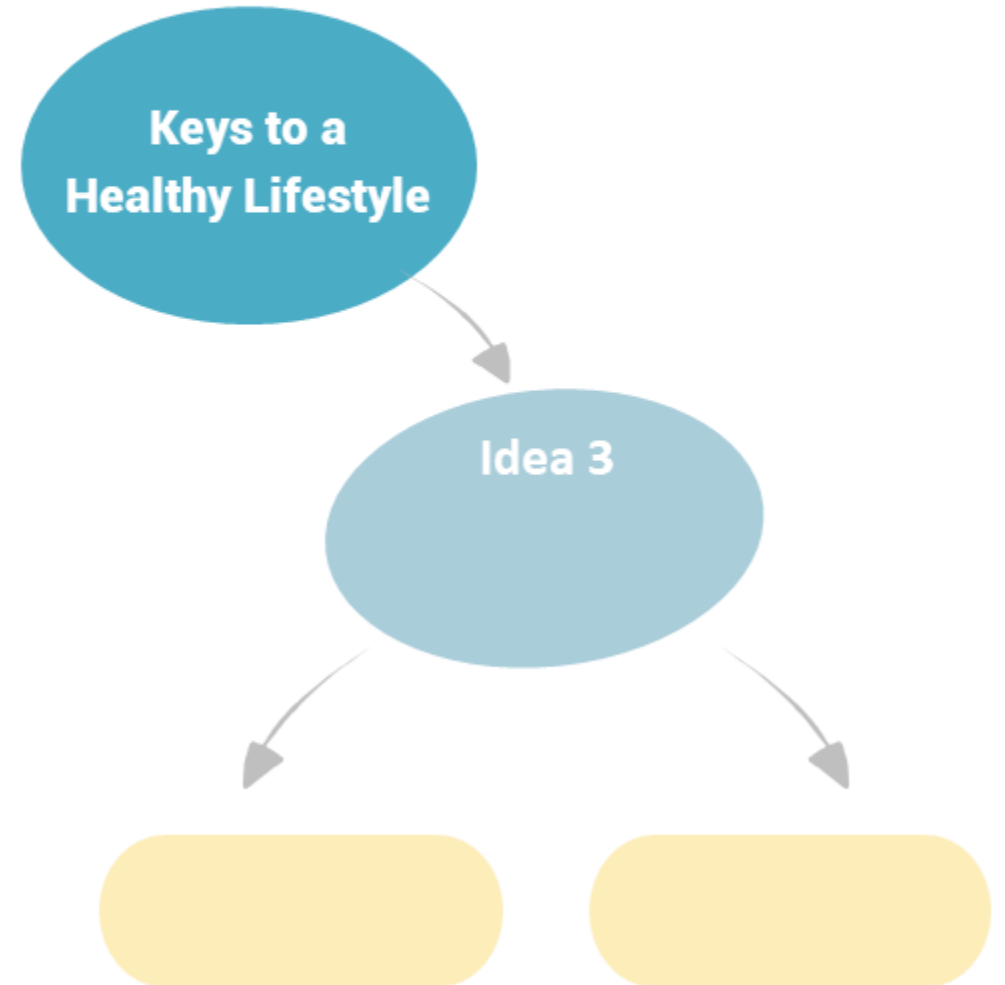


LET'S ANALYZE

The Keys to a Healthy Lifestyle | **Paragraph 4**

Furthermore, getting enough sleep is crucial for mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.

- **Read the paragraph and identify Idea 3 along with its two supporting details.**

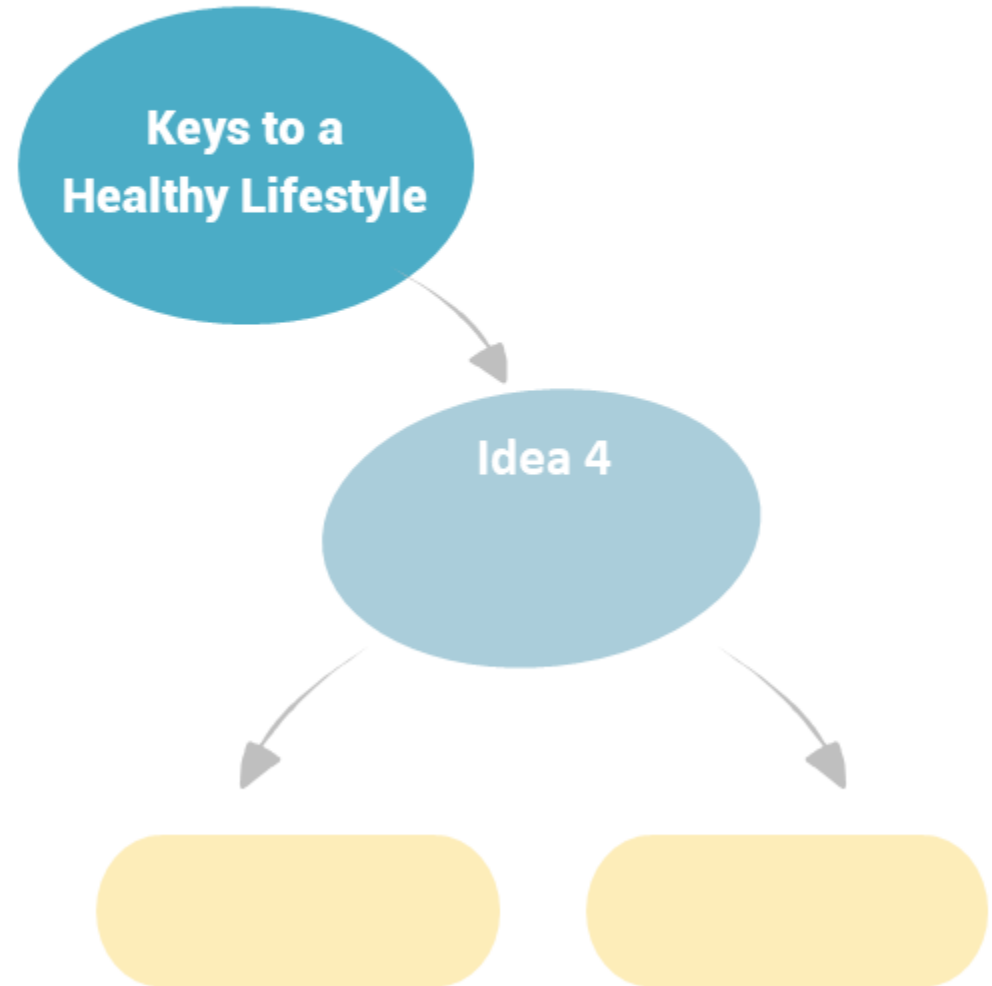


LET'S ANALYZE

The Keys to a Healthy Lifestyle | **Paragraph 5**

Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.

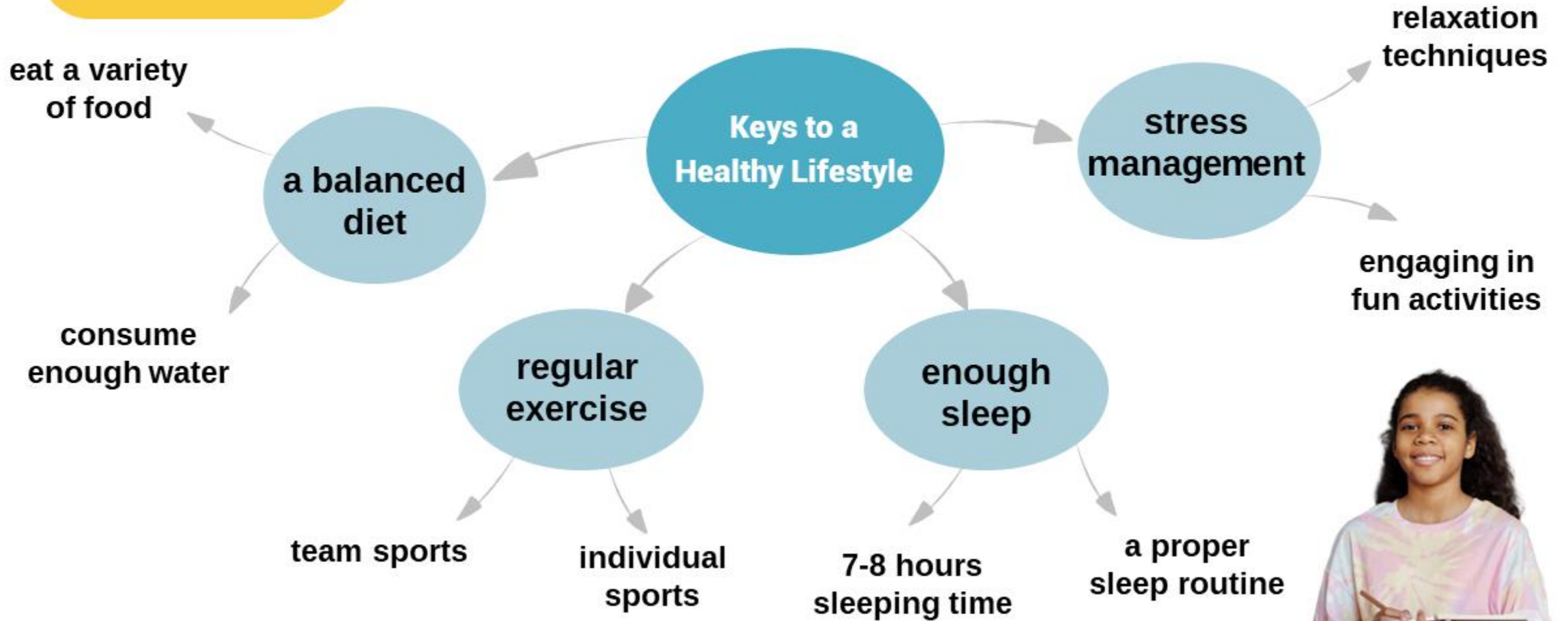
- Read the paragraph and identify Idea 4 along with its two supporting details.



CRITICAL THINKING

Idea Map

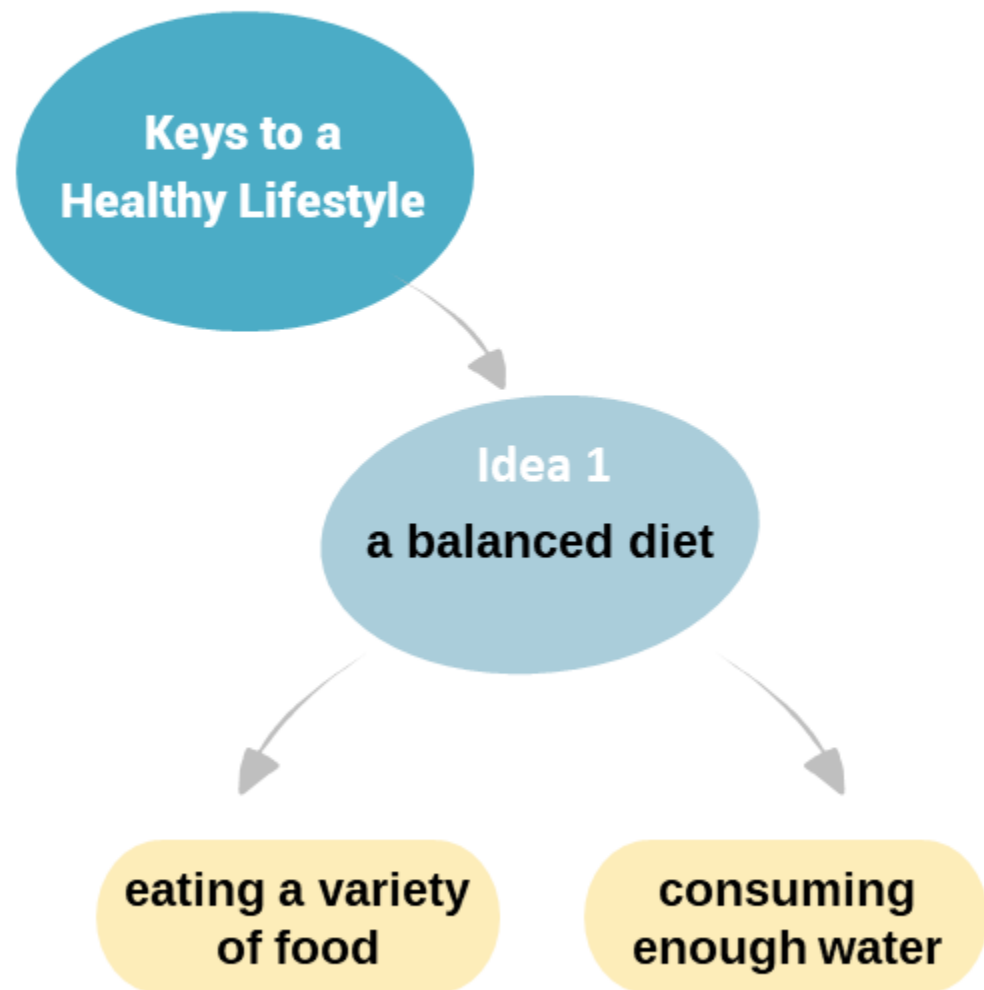
Check the final idea map.



WRITING TASK



Complete the paragraph based on the information below.



To build a healthy lifestyle, it is critical to

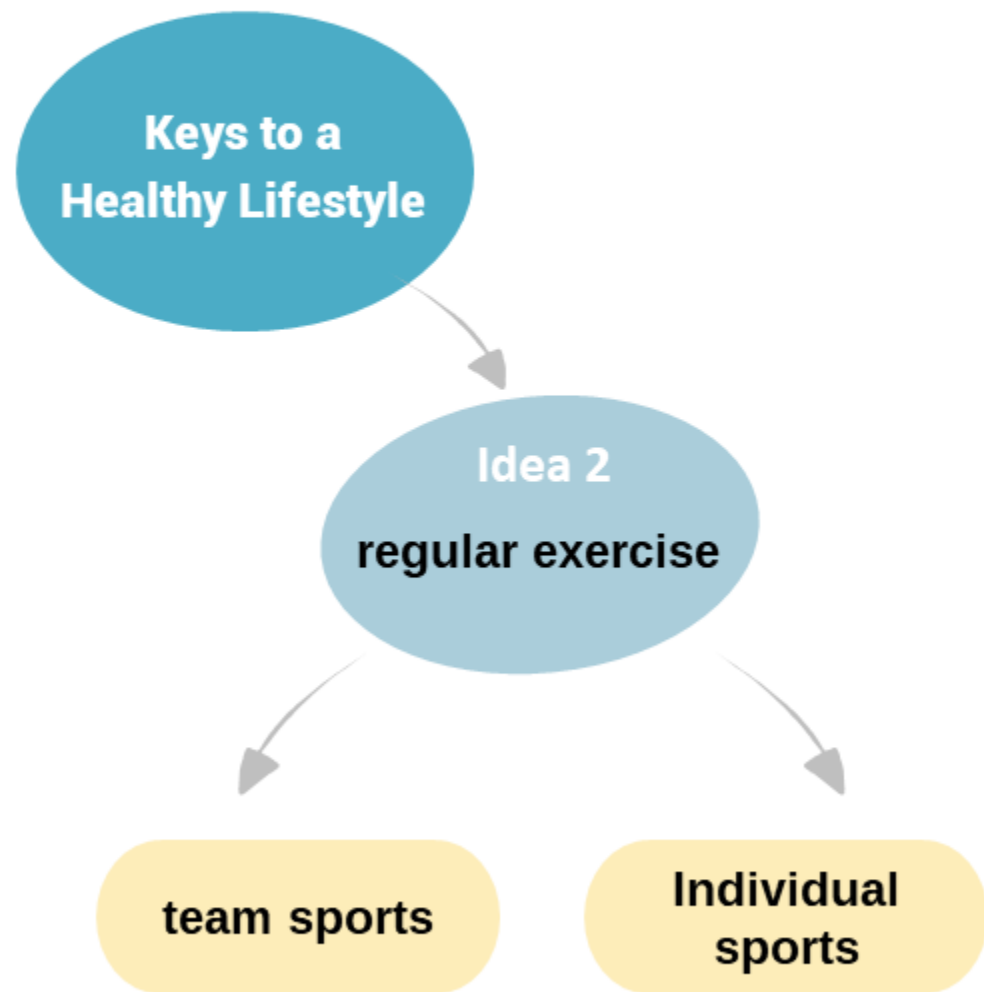
First of all, make sure to _____

It is also important to _____

WRITING TASK



Complete the paragraph based on the information below.



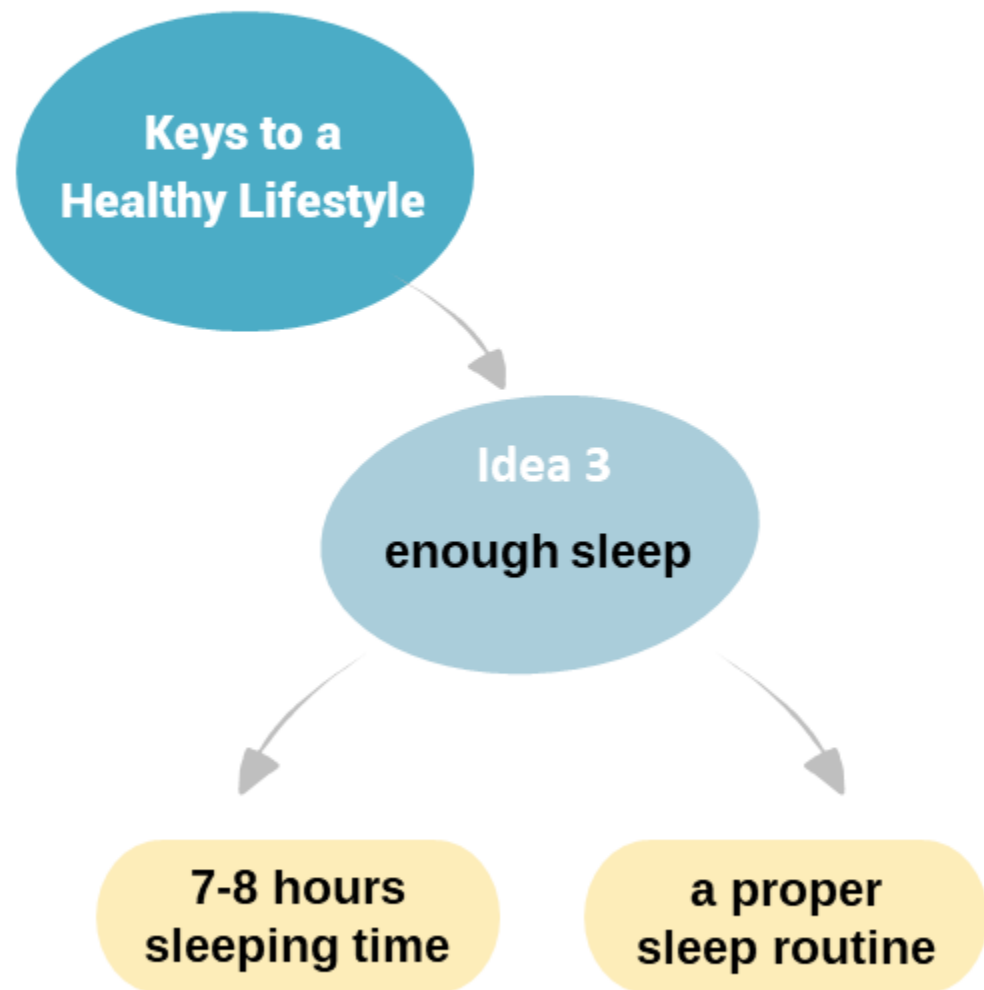
_____ is beneficial for a healthy lifestyle, too. Team sports like _____ can help improve _____

Individual sports like _____ allow us to _____

WRITING TASK



Complete the paragraph based on the information below.



Furthermore, _____

is crucial for _____

To get enough sleep, first we need to _____

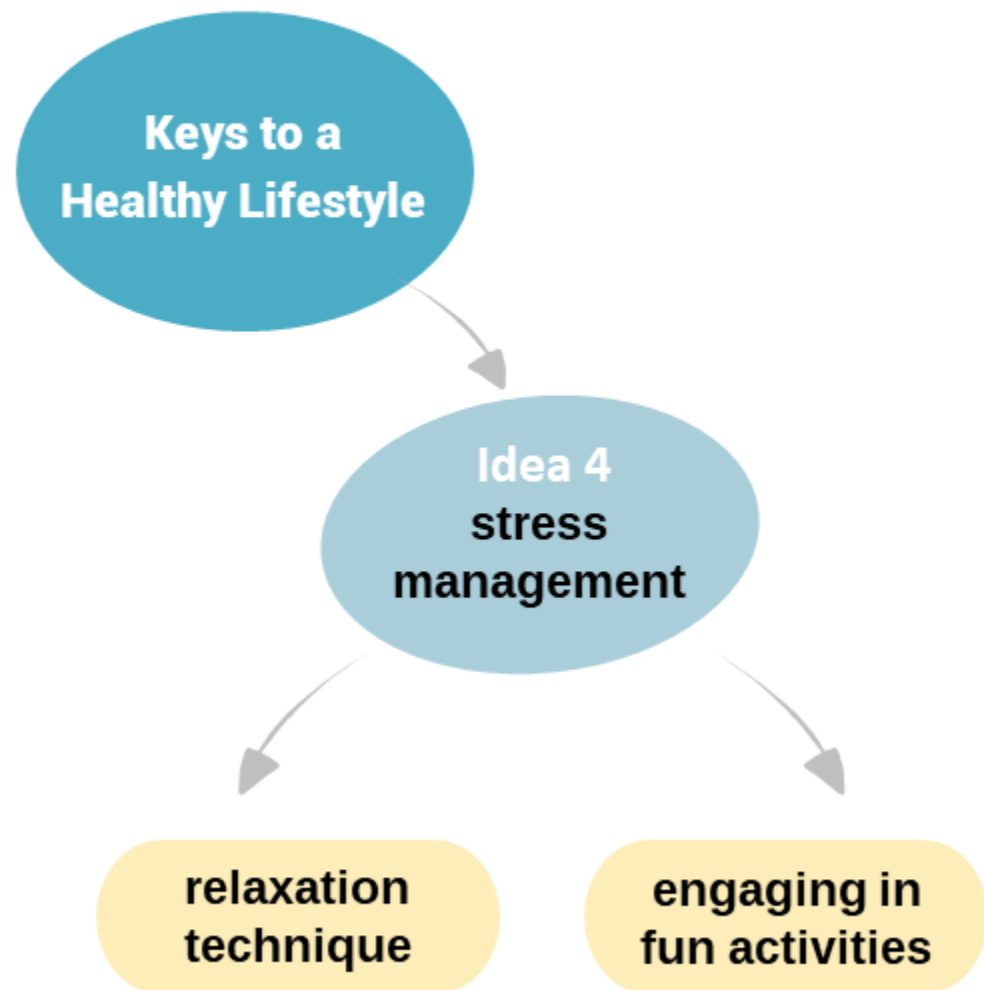
Another way to improve your sleeping quality

is to form _____

WRITING TASK



Complete the paragraph based on the information below.



Finally, _____

_____ is critical.

Practicing relaxation techniques such as

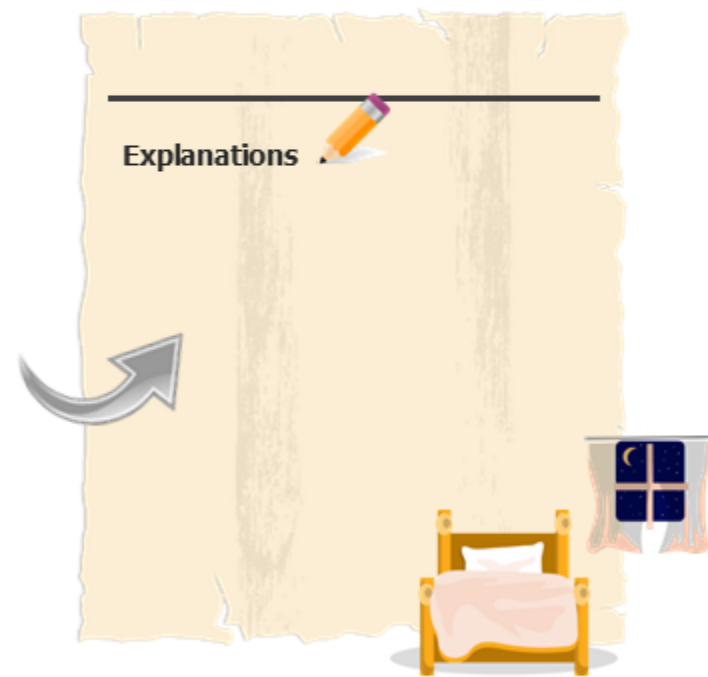
can help _____

Engaging in fun activities like _____

also helps us _____



When we want to generate and organize our ideas about a topic, we use a brainstorming idea map. In the student's book on page 47, create an idea map for the topic **"How to Get a Good Sleep"** and write a short paragraph to explain it.





WHAT'S

NEXT...

In the next lesson, we're going to go learn about "Expressions of Possession". See you next time!