

TOPIC

Conversation for Intermediates

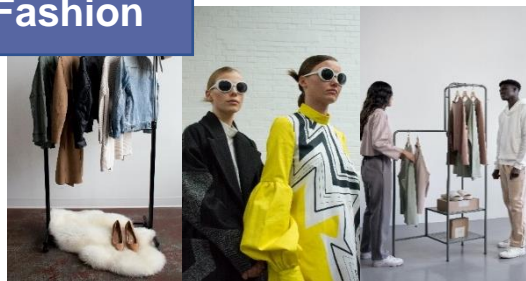


1 Language

In this lesson, we will talk about:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

Fashion



2 Key Sentences



1. His work **outfit** consists of a shirt, a coat, and trousers.

2. Wearing **trendy** clothes makes me confident.



3. Skinny jeans are now considered **out of fashion** for men.

4. The **vintage** shop in my city sells clothes from over 50 years ago.



5. She wore a **vibrant** dress for the town's festival party.

outfit a set of clothes worn for a particular occasion

trendy most recent fashions or ideas

out of fashion unpopular and no longer considered to be attractive

vintage use to describe clothing, jewelry etc. that is not new

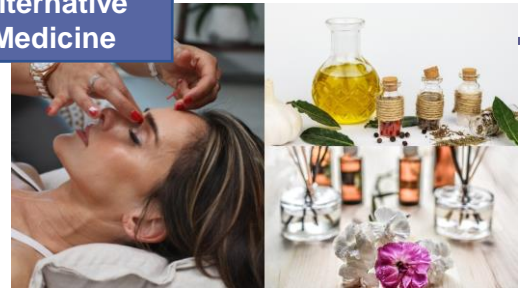
vibrant colors are very bright and clear

1 Target Language

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Alternative Medicine



2 Key Sentences



1. Most **patients** nowadays prefer alternative medicine to modern drugs.



2. **Aromatherapy** allows your body and mind to achieve equilibrium.



3. **Herbal** remedies are very effective.

4. He has been teaching **yoga** full time for six years .



patient someone who is receiving medical treatment from a doctor or in a hospital

aromatherapy the use of natural oils that have a pleasant smell to make a person feel better

herbal made of herbs

yoga a system of exercises that help you control your mind and body in order to relax

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Diets



2 Key Sentences



1. Patients maintain a strict dietary **regimen**.

2. **Nutrition** and exercise are essential to fitness and health.



3. She collapsed due to lack of proper **nourishment**.

4. Dolly has **put on weight** after giving birth.



5. I saw Peter yesterday, **he's lost a lot of weight**.

regimen a special plan of food, exercise etc that is intended to improve your health

nutrition the process of giving or getting the right type of food for good health and growth

nourishment the food and other substances that people and other living things need to live, grow, and stay healthy

put on weight used to someone describe who is gaining weight or getting fat

lost a lot of weight someone who becomes thin

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- make sentences related to the topic;
- answer questions and share ideas related to the topic.

Habits



2 Key Sentences



1. She has a **habit** of playing with her hair when she's nervous.

2. Try to **break the habit** of adding salt to your food at the table.



3. The visit was clearly going to disrupt our daily **routine**.

4. The **practice** of dumping waste into the sea was prohibited.



habit something that you do regularly or usually, often without thinking about it

break the habit to stop doing something that you usually do

routine your usual way of doing things, especially when you do them in a fixed order at the same time

practice something that is usually or regularly done, often as a habit, tradition, or custom

1 Language

In this lesson, we will talk about:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

Leisure



2 Key Sentences



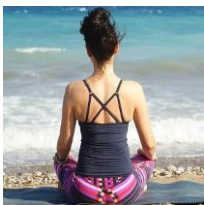
1. The students decided to do some **recreational** activities days after the exam.

2. Regular exercise **revitalizes** your body.



3. She's done with all her tasks.
She's now **stress-free**.

4. I plan to go to the mountain
to **unwind** next month.



5. Her job is demanding, so she takes every
opportunity for **relaxation** seriously.

recreational relating to activities done for enjoyment when one is not working
revitalize to restore something to an active or fresh condition
stress-free having no stress
unwind to relax after a period of work or tension
relaxation the state of being free from tension and anxiety

1 Language

In this lesson, we will **review** the:

- words and phrases;
- definitions of words and phrases;
- situations related to the topics.

2 Topics



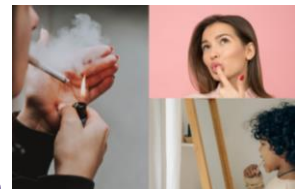
1. **Fashion** is the style of clothing and accessories worn at a certain period of time.

2. **Alternative medicine** is a traditional treatment that is used instead of using modern medicine.



3. **Diet** is the food and drink usually eaten or drunk by a person or group.

4. **Habits** are something that you do often and regularly, sometimes without knowing that you are doing it.



5. **Leisure** is the time a person does not work or study.