

FCE - AN INCREDIBLE VEGETABLE (USE OF ENGLISH PART 3)**Level:** B2 (Exam preparation)**Time:** 45-55 minutes

Lesson focus: The main lesson focus is FCE - Use of English Part 3, on the topic of the health benefits of vegetables. The class starts by discussing the health benefits of different vegetables, followed by a short video on the matter. Students talk about garlic and how it affects our bodies. After which they read the exam task part 3 to check the answers. As a group, identify the types and predict the missing words. Students complete the parts of the speech table, using the base words from the task. The final task is to complete the Part 3 text by changing the base words appropriately. The class ends with a word-formation SUDOKU game that further reinforces new vocabulary.

Materials:

- Presentation - B2 Use of English - An incredible vegetable
- YouTube video - [Foods that look like body parts give clues to their health benefits](#) by ELLICSR Kitchen
- [B2 Sample Paper 1](#) - Reading and Use of English Part 3

Learning objectives:

- to discuss the health benefits of vegetables
- to reinforce word-formation of 9 different words
- to complete and understand FCE Reading and Use of English Part 3

Structure:**1. Lead-in (6 mins)**

Show a picture of the body made of fruit and vegetables. Discuss the questions:

- *Would you say that you have a healthy diet?*

- *Do you think that fruit and vegetables are good for your health?*

- *What are some health benefits of vegetables? (lower blood pressure, reduce heart risk diseases, prevent cancer, etc.)*

2. Listening for gist (8 mins)

Show pictures of five vegetables and nuts (walnut, carrot, tomato, green olives, Brazilian nuts) and name them. Ask what body parts/organs they resemble. Students can either discuss their answers in pairs or match the vegetables and nuts with the pictures of body parts.

Watch the video *Foods that look like body parts give clues to their health benefits* and check the answers (*walnut - brain, carrot - eyes, tomato - heart, olives - ovaries, Brazilian nut - prostate*).

3. Listening for detail (6 mins)

Students discuss and write the health benefits of each food item, they remember from the video. Watch the video again and check the answers.

(walnuts: help brain function - memory, learning, behaviour, protect against Alzheimer's disease and dementia;

carrots: protect eyes from ageing and the environment, prevent cataracts and worsening eyesight;

tomato: lower inflammation and cholesterol levels, reduce the risk of heart disease;

olives: improve fertility, lower the risk of ovarian cancer;

Brazilian nuts: prevent prostate cancer, slow cancer growth).

4. Reading for gist (6 mins)

Show a picture of garlic and ask about its health benefits. Read the Use of English Part 3 (An Incredible Vegetable) and check the answers.

(makes us stronger, infection resistance, kills bacteria and some viruses, useful for coughs and colds, reduces blood pressure).

5. Word prediction (6 mins)

Read the text one more time and go over the gaps. Elicit the type of missing words and discuss the possible missing words.

(0. adverb, 17. noun (person), 18. plural noun, 19. adjective, 20. plural nouns (person), 21. noun, 22. noun, 23. noun, 24. adjective)

6. Word formation (8 mins)

Show the base words used in the exam task in random order. Students work in pairs or small groups and write the words for different parts of speech (if possible). Check the answers.

7. Exam task (7 mins)

Show the full exam task Part 3 and give 5 minutes to complete it. Check and discuss the answers.

(0. commonly, 17. producer, 18. illness (es), 19. effective, 20. scientists, 21. addition, 22. pressure, 23. disadvantage, 24. spicy)

8. Word formation SUDOKU (8 mins)

Show a SUDOKU grid (4x4). Students identify the parts of speech and write the missing words, following SUDOKU rules.

add	additionally	productive	product
additional	addition	productively	produce
effect	effective	press	pressingly
effectively	effect	pressure	pressing