



Lecture 2

Promoting Physical, Mental, and Emotional Health

ANDRIAS YULIANTO

JAKARTA INTERNATIONAL UNIVERSITY

Sub-Topics

1. Talking about daily routines and health-related habits (e.g. exercise, diet)
2. Discussing common illnesses and giving advice for staying healthy
3. Explaining the importance of mental health and self-care
4. Comparing fast food and home-cooked meals
5. Sharing opinions on fitness trends or diets
6. Sharing of life habits and maintenance of balance between study and health through creative work

Language Features

1. Present Simple Tense
2. Adverb of Frequency
3. Modals for Advice and Suggestions
4. Simple future tense (will)
5. Comparatives and Superlatives
6. Conditional Sentences (Type 1)
7. Imperatives
8. Past Simple Tense

Learning Objectives

1. Listening & Speaking

- ✓ Discuss daily routines and health-related habits using appropriate vocabulary
- ✓ Give advice on how to maintain health by using appropriate expressions (e.g. You should..., It's important to...).
- ✓ Express their opinions on fitness or diet trends in group discussions.

2. Reading & Writing

- ✓ Identify fundamental information from a text.
- ✓ Compare fast food and home-cooked meals based on the text read.
- ✓ Write a short script about healthy life

3. Critical Thinking & Application

- ✓ Analyse and comment on the importance of mental health and self-care in daily life.
- ✓ Identify the common causes of diseases and give advice on how to prevent them.
- ✓ Share their healthy habits through creative ways

My Healthy Day

Hi. I'm Nia. I _____ (1) my days, and I always start them with a good morning routine. This _____ (2) me stay active and productive. I drink a glass of warm water and look at the plants around the house when I wake up. I also like to stretch to wake up my body. These routines really help me start my days. I take a warm shower to relax. But there's one more important thing _____ (3): I have a nutritious breakfast of eggs, fruits, and sweet potatoes. I think breakfast is very important, I try not to skip it.

Furthermore, _____ (4). I love to cook and pay close attention to the nutritional balance of food. I always eat protein and healthy fats with vegetables that I cook myself. _____ (5) like chocolate or ice cream, but not too often, After work, I like to do yoga or meditation to relax and reduce stress. I also try not to use my phone too much after I get home. I always try to take care of my body and mind. It may seem boring at first, but it will be fun in the long run

Sounds conversion: https://luvvoice.com/#google_vignette

My Healthy Day

Hi. I'm Nia. I **love** my days, and I always start them with a good morning routine. This **helps** me stay active and productive. I drink a glass of warm water and look at the plants around the house when I wake up. I also like to stretch to wake up my body. These routines really help me start my days. I take a warm shower to relax. But there's one more important thing **I always do**: I have a nutritious breakfast of eggs, fruits, and sweet potatoes. I think breakfast is very important, I try not to skip it.

Furthermore, **I never eat fast-food**. I love to cook and pay close attention to the nutritional balance of food. I always eat protein and healthy fats with vegetables that I cook myself. **I sometimes eat snacks** like chocolate or ice cream, but not too often, After work, I like to do yoga or meditation to relax and reduce stress. I also try not to use my phone too much after I get home. I always try to take care of my body and mind. It may seem boring at first, but it will be fun in the long run.

Category	Word	IPA (American English)
Nouns (Health & Lifestyle)	routine	/ru:'ti:n/
	diet	/'daɪ.ət/
	protein	/'prəʊ.ti:n/
	fats	/fæts/
	vegetables	/'vedʒ.tə.bəlz/
	ice cream	/'aɪs ,kri:m/
	fast food	/,fæst 'fu:d/
	balance	/'bæl.əns/
	stress	/stres/
	body	/'bɔ:di/
	mind	/maɪnd/
Verbs (Actions for Health & Well-being)	eat	/i:t/
	cook	/kʊk/
	pay (attention)	/peɪ ə'ten.ʃən/
	try	/traɪ/
	reduce	/rɪ'du:s/
	take (care of)	/teɪk/
Adjectives (Describing Health & Habits)	healthy	/'hel.θi/
	nutritious	/nu:'trɪʃ.əs/
	boring	/'bɔ:.rɪŋ/

(Source: Cambridge Dictionary - <https://dictionary.cambridge.org/>)

Matching Activity: Health and Lifestyle

Instructions: Match the words in **Column A** with the correct definitions in **Column B**.

Column A: Vocabulary	Column B: Definitions
1. Balanced diet	A. A routine of physical activities to stay fit and healthy.
2. Hydration	B. The practice of relaxing and taking care of one's mental well-being.
3. Exercise	C. Drinking enough water to keep the body functioning properly.
4. Immunity	D. Food intake that includes all necessary nutrients in proper amounts.
5. Sleep hygiene	E. A type of food that is high in calories but low in nutrition.
6. Self-care	F. The body's ability to resist illnesses and infections.
7. Junk food	G. A habit of maintaining good sleeping patterns for better health.
8. Stress management	H. The ability to handle pressure and reduce anxiety effectively.
9. Home-cooked meal	I. Food prepared at home, usually healthier than fast food.
10. Mental well-being	J. A state of feeling emotionally and psychologically healthy.

My Healthy Day

What do you usually eat for breakfast?

How often do you exercise?

How often do you eat fast food?

Language Focus: Present Simple + Adverbs of Frequency

Task: Students describe their daily routines and health habits using the Present Simple.

Example: “I drink green tea every morning. I walk to class instead of taking the bus.”

She reads it everyday.

Affirmative Statements		
Subject	Base form of verb (s/es)	
I	play	Music
You	play	
She/He/It	plays	
We	play	
You	play	
They	play	

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 136)

The simple present tense uses the base form of the verb with -s or -es for third-person subjects (he, she, or it).

	-s to most verbs	-es to verbs ending in -ch, -sh, -ss, -x, -o	Consonant + y → change "y" to "i" and add -es	Not for verb ends in vowel + y, just add -s	Irregular case: "have" changes to "has"
She/He/It	works	watches	studies	enjoys	has
	listens	washes	carries	plays	
	sings	expresses	cries	says	
	writes	mixes	tries	buys	
	plays	goes	fries	stays	

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 136-137)

They don't like it

Negative Statements

Subject	Do/does + not	Base form of Verb	
I	do not	eat	fast food
You	do not		
She/He/It	does not		
We	do not		
You	do not		
They	do not		

Don't use "s/es" with the third-person singular subjects ("he", "she", or "it") in sentences with negative meanings.

Look back!

He _____ (have) a new car.

She _____ (do, not) work hard.

He does not _____ (play) golf.

She _____ (watch) TV every morning.

My sister _____ (study) every time.

Find me!

Fellicia have an interesting routine every day. She buyes small notebooks to write down her thoughts and feelings. She's a student at a private university in Indonesia with a busy schedule. She is a diligent student who is good at managing her time. She always makes time to take care of herself. However, her demanding schedule occasionally leave her feeling overwhelmed. She has a habit of crying when she is too tired. This is her way of relieving stress. On weekends, she has a routine of walking in the park alone, sometimes with her best friend, Lisa, to calm her mind. She also reades interesting books that discuss emotional management. She believe that the knowledge she gains from these books helps her stay positive.

Find me!

Fellicia **has** an interesting routine every day. She **buys** small notebooks to write down her thoughts and feelings. She's a student at a private university in Indonesia with a busy schedule. She is a diligent student who is good at managing her time. She always makes time to take care of herself. However, her demanding schedule occasionally **leaves** her feeling overwhelmed. She has a habit of crying when she is too tired. This is her way of relieving stress. On weekends, she has a routine of walking in the park alone, sometimes with her best friend, Lisa, to calm her mind. She also **reads** interesting books that discuss emotional management. She **believes** that the knowledge she gains from these books helps her stay positive.

Category	Word	IPA (American English)
Nouns (Health & Lifestyle)	meditation	/,med.I'teɪ.ʃən/
	self-care	/,self'ker/
	cellphone	/'sel.fəʊn/
	energy	/'en.ə.dʒi/
Verbs (Actions for Health & Well-being)	skip	/skɪp/
	stretch	/stretʃ/
	wake (up)	/weɪk ʌp/
	relax	/rɪ'læks/
Adjectives (Describing Health & Habits)	active	/'æk.tɪv/
	productive	/prə'dʌk.tɪv/

(Source: Cambridge Dictionary - <https://dictionary.cambridge.org/>)

Do you do this everyday?

Yes/no questions				Short answer		
Do/does	Subject	Base form of Verb		Yes/No	Subject	Do/Don't Does/Doesn't
Do	I	watch	movies?	Yes	I	do
Do	you				you	do
Does	she/he/it				she/he/it	does
Do	we			No	we	don't
Do	you				you	don't
Do	they				they	don't

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 140)

Information questions					
WHQ	Do/do es	Subject	Base form of Verb		Answers
Who	do	i	call do? walk work cry do	for help? every morning?	Your sister
What	do	you			I do exercise
Where	does	she/he/it			Around campus
When	do	we			today
Why	do	you			I am sad
How	do	they		this project?	Their friends help them
WHQ			Base form of Verb + s/es		
Who			smokes	in the room?	His brother
What			smells	good here?	Pizza

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 143)

Simple Present

It is used to talk about:

- Habits and routines (something happens repeatedly)
 - He works in this company.
 - They have breakfast early in the morning.
- Factual information (general truths, definitions, and scientific facts).
 - Exercise regularly helps improve our mental health
 - A neurologist studies human's brain.
 - Plants produce oxygen.

Activity: Health & Lifestyle Interview

Instructions: Work in pairs. Take turns interviewing your partner about their daily routine and health habits. Use the Present Simple Tense in your questions and answers.



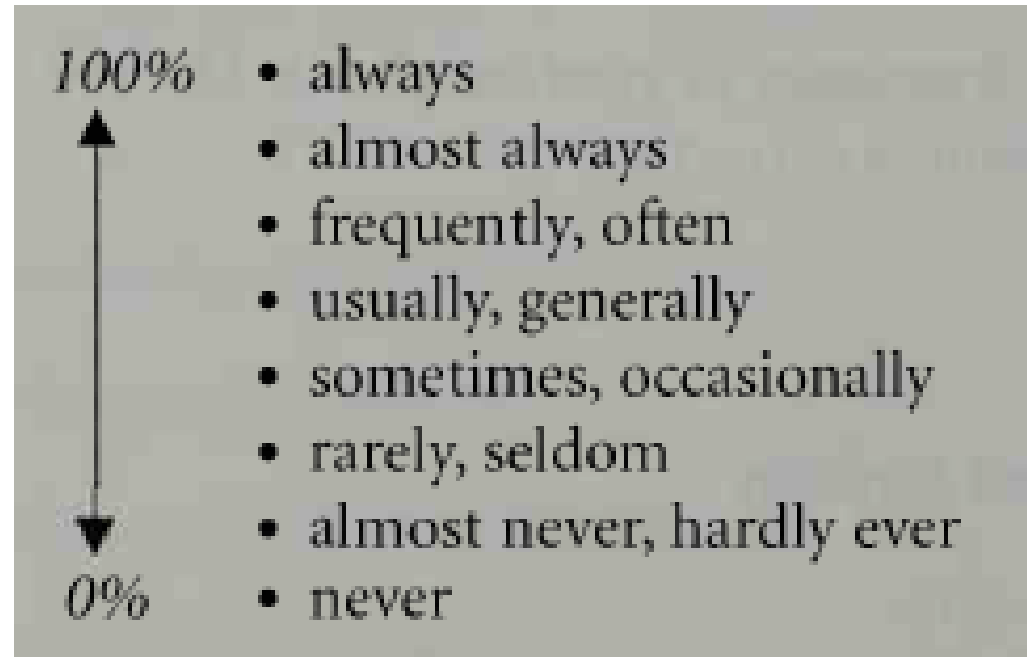
How often?

Do you exercise regularly?

How often do you eat fast food?

Do you prefer home-cooked meals or takeout?

Adverb of frequency is used to express how often something happens.



We are never late!

Affirmative statements with <i>Be</i>			
Subject	Be/ Auxiliary	Adverb	
I	am	always	late
You	are	often	
She/He/It	is	usually	
We	are	sometimes	
You	are	seldom	
They	are	never	

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 156)

I always come on time!

Affirmative statements with other verbs			
Subject	Adverb	Verbs	
I	always	come	late
You	often	come	
She/He/It	usually	comes	
We	sometimes	come	
You	seldom	come	
They	never	come	

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 156)

Let's practice!

Rewrite the Sentences

Rewrite each sentence by adding the correct adverb of frequency to make it true for you.

I drink enough water everyday.	
I do exercise in the morning.	
I come to the fitness class.	
I sleep late on Saturday night.	
I practice meditation with my brother.	
I eat junk food.	

Interview Questions	[Name 1]	[Name 2]	[Name 3]
What time do you usually wake up?			
What do you eat for breakfast?			
How do you stay active during the day?			
Do you walk or take transportation to school? Why?			
How often do you exercise? What kind of exercise do you do?			
What do you do to relax and reduce stress?			
Do you have a sleep routine? How many hours do you sleep every night?			
What healthy foods do you eat regularly?			
How often do you drink water? Do you think you drink enough?			
What do you do when you feel sick?			

Health Problem

I have a headache.

I feel tired all the time.

I am hungry.

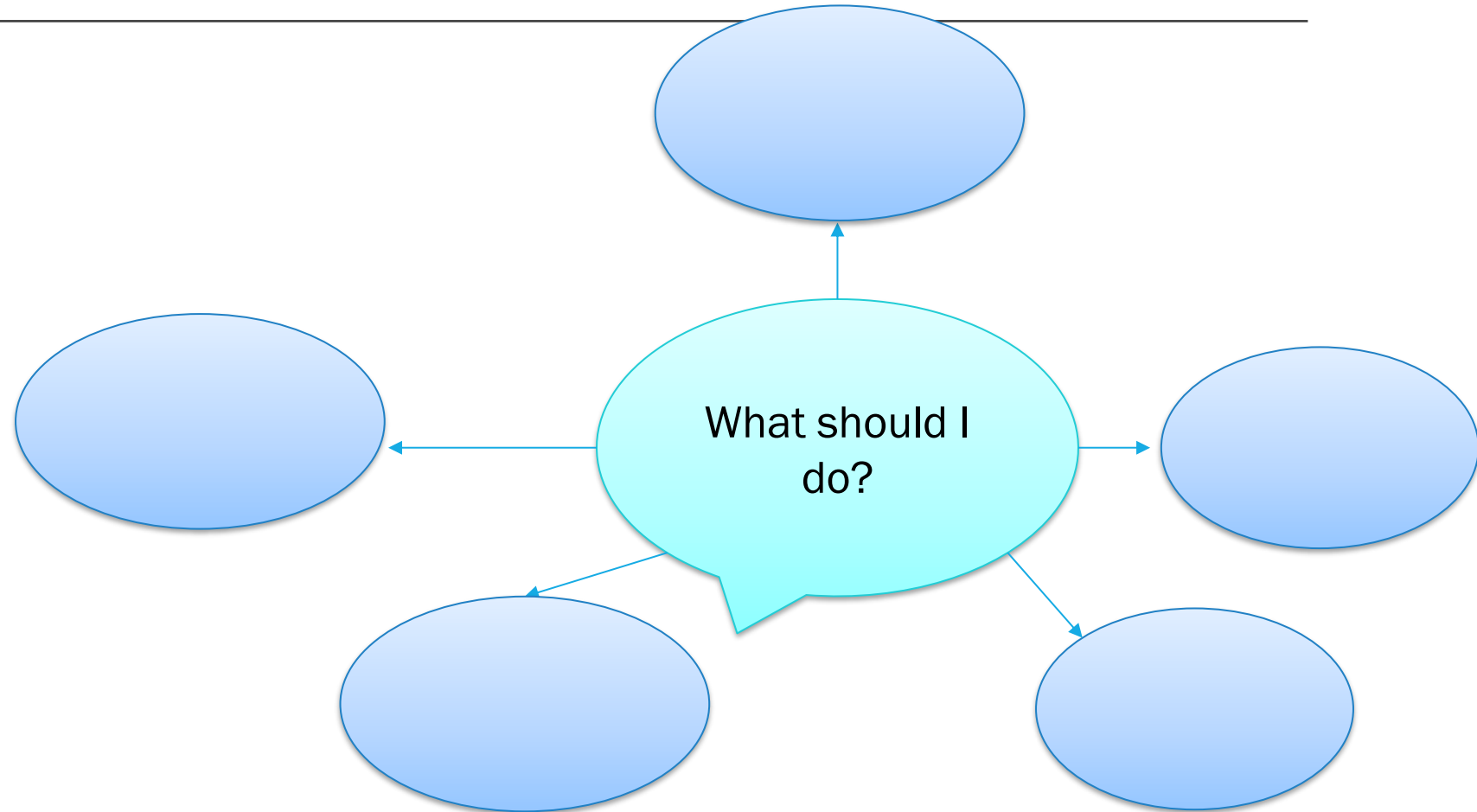
I lost my key.

I am sleepy.

I am exhausted.

She is confused.

They are unwell.



Modals for advice and suggestions

You ought to sleep early.

You should see a doctor.

What should I do?

You had better drink enough water.

Should, ought to, had better are used to give advice.

Should: general advice or recommendation
Ought to: similar to should. It's stronger
Had better: specific situation with danger in it

(Source: Murphy, R. (2019). *English Grammar in Use - Fifth Edition*. Cambridge University Press. Pg. 66-70)

Let's practice

Student A: Oh my God. Help me!

Student B: What's going on?

Student A: I have an important submission tomorrow morning, but I haven't finished it yet.

Student B: You should work together with your friends now.

Student A: Yeah, I know.

Student B: You had better go now. It's going to rain.

Now your time!

Scenario:

1. Your friend looks so tired because he did not sleep last night.
2. Your brother has a headache because he took the wrong medicine.
3. Your dad wants to get fit but never exercises and often eats fast-food.
4. It's raining and your friend forgot to bring his umbrella. He will be late for exam.
5. Your friend wants to save money but keeps spending on unnecessary things.

Give me an order!

What advice would you give to someone who eats too much fast food?

What are some common instructions in the kitchen?

Clean after use!

Eat more vegetables!

Don't eat too much sugar!

Drink enough water!

Imperative Forms

Usages:

Commands:

- Sit down and be quiet!
- Don't eat fast-food

Warnings:

Be careful! The steps are wet.

Stop smoking now. It will kill you.

Instructions:

Unpack carefully.

Return after use.

Directions:

Turn left.

Take the stairs to the third floor.

I eat fast food everyday.

Problem	Advice
1. I eat fast food every day.	A. Clean with running water.
2. I want to wash vegetables but I don't know how.	B. Try cooking a simple recipe first.
3. I feel tired after playing handphone the whole day.	C. Plan and prioritize the important things.
4. I spend too much money on games.	D. Drink more water.
5. I feel thirsty.	E. Take a minute and look at the greenery around.

What will happen?

What do you think will happen if people exercise everyday?

Do you think more people will eat healthier in the future? Why?

Will fast food be healthier in the future?

What new fitness trends will be popular next year?

What home-cook meals will be the healthiest?

In the next 10 years, what exercise will be popular?



I think

Simple Future Tense (WILL)

Structure	Affirmative: Subject + will + base verb People will eat more fast food in the future.	Negative: Subject + will not (won't) + base verb People won't stop eating junk food easily.	Question: Will + subject + base verb? Will fast food become healthier?
Uses	Predictions (Guessing about the future) Fast food will become more popular.	Decisions (made at the moment of speaking) I will cook dinner tonight instead of ordering takeout.	Promises I will eat healthier from now on!

(Source: Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press. Pg. 282-283)

Read this!

My Healthy Lifestyle in the Future

My name is Andrias. I know my current lifestyle is not healthy. I admit that I often eat fast food and sleep in late. I will take charge of my health by exercising regularly and eating nutritious food. I will start by eating more home-cooked meals instead of fast food and stop eating ready-to-eat food. I will also start attending fitness classes to keep my body active every day. To improve my mental health, I will change my habit of using social media by limiting my cellphone usage. I will replace it with self-care activities such as meditation and reading. I will drink more water and go to bed earlier to stay energetic. By making these changes, I will feel healthier and happier in the future.

True or False Activity: My Healthy Lifestyle in the Future

Read the statements below and decide whether the statement is True (T) or False (F). Write your answer!

1. ___ Andrias already has a healthy lifestyle.
2. ___ He plans to eat more home-cooked meals instead of fast food.
3. ___ He will continue eating ready-to-eat food.
4. ___ Andrias will attend fitness classes to stay active.
5. ___ He will increase his cellphone usage for entertainment.

Category	Word	IPA (American English)
Nouns (Health & Lifestyle)	charge	/tʃɑ:rdʒ/
	self-care	/ˌselfˈkeɪ/
	cellphone	/ˈsel.fəʊn/
Verbs (Actions for Health & Well-being)	take charge	/teɪk tʃɑ:rdʒ/
	start	/stɑ:rt/
	stop	/stɑ:p/
Adjectives (Describing Health & Habits)	ready-to-eat	/ˈred.i.tu.i:t/
	social	/ˈsoʊ.ʃəl/
	important	/ɪmˈpɔ:rtənt/

(Source: Cambridge Dictionary - <https://dictionary.cambridge.org/>)

Comparing Fast Food and Home-Cooked Meals

Which is better?

Fast food vs home-cooked meals?

Task: Use comparatives and superlatives:

“Fast food is cheaper but less healthy.”

“Home-cooked meals are the healthiest option.”

Which one was better?

I frequently eat pizza and rarely eat vegetables



Comparing Fast Food and Home-Cooked Meals

Word	Comparative	Superlative
Healthy	healthier	healthiest
Convenient	more convenient	...
Expensive
Tasty
Nutritious
Fresh
Harmful
Affordable
Time-consuming
Reliable
Quick
Simple
Safe
Delicious
Cheap

What If?

What if you eat fast food every day?

What if you always cook at home?

What if fast food becomes cheaper than home-cooked meals?

What if restaurants stop selling fast food?

What if your favorite fast-food restaurant opens near your house?

If (type 1)

Conditional Sentence Type 1 (If + present simple, will + verb)

Usage: to express something possible to happen in the future

If you exercise regularly, you will be healthier.

If Andrias eats more fast-food instead of home-cooked meals, he will be less healthy.

If you don't drink enough water, you will feel dehydrated.

(Source: Murphy, R. (2019). *English Grammar in Use - Fifth Edition*. Cambridge University Press. Pg. 76)

"What If?" - Fast Food vs. Home-Cooked Meals

Instructions:

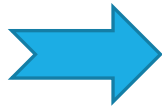
1. Prepare "What If?" Question Cards
2. Work in pairs or small groups.
3. Pick a "What if?" question and answer using a Conditional Sentence Type 1 structure.
4. Follow-up discussions based on their answers.

Talking about daily routines and health-related habits in the past

What did you usually do when you were 15 years old?



What was your favorite food?



Did you do some exercises?

Did you eat fast-food?

How often did you sleep late?



I played games in my computer until mid-night.

I swam with my parents at our swimming pool.

I loved burger.

Pizza was my favorite food.

I liked salad.

I had fruits for my breakfast.

I ate noodles a lot.

I often slept late.

I never slept for less than 7 hours.

Vlog

Instruction:

1. Make a video called "A Day in My Life."
2. In the video, you will show your daily routine, health habits, and lifestyle in the past, present, and future.
3. This assignment will help you practice speaking fluently and using the language skills we've learned in class.

Example of Vlog

https://drive.google.com/drive/folders/1Z1dSArbSHFyzht3E89Fk_1oG0Qz3zwIO

(Tamba, T. (2025). *A day in my life 'vlog' as University Student* [Unpublished Video]. Jakarta International University)

Summary & Key Points

- Daily Routine & Health Habits: Using simple past, present, and future tenses, today's exercise emphasizes the importance of regular exercise, a balanced diet, and proper self-care now and in the future.
- Common Illnesses & Advice: Through lessons on Conditional Sentences (Type 1), Imperatives, Advice Modals, and Suggestions, we learn to understand common health problems and how to prevent or treat them.
- Through the readings, we learn to use simple present and future tenses in maintaining mental health and self-care.
- Fast Food vs. Home Cooking and Fitness & Diet Trends are interesting topics to discuss using Comparisons and Superlatives and Conditional Sentences Type 1: from here we can compare the advantages and disadvantages.

References

Murphy, R. (2019). *English Grammar in Use - Fifth Edition*. Cambridge University Press.

Pavlik, C., & Bland, S. K. (2004). *Grammar Sense: Student Book 1*. Oxford University Press.

Pronunciation: Cambridge Dictionary - <https://dictionary.cambridge.org/>

Sounds conversion: https://luvvoice.com/#google_vignette

Tamba, T. (2025). *A day in my life 'vlog' as University Student* [Video]. Jakarta International University.

Thank you