

# LISTEN A MINUTE.com

## Heart Attacks

[http://www.listenAminute.com/h/heart\\_attacks.html](http://www.listenAminute.com/h/heart_attacks.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.

Follow me: <http://twitter.com/SeanBanville>

Heart attacks kill millions of people each year. I think it's one of the world's biggest killers. A lot of people have a heart attack because of their lifestyle. I'm sure if people ate healthy food and exercised, the number of heart attacks would drop. The thing I worry about is stress. For me, it's difficult to avoid. Research shows that stress is one of the biggest causes of heart attacks. The problem with this is that you get stressed, and then you worry about your heart, which makes it beat faster and gives you more stress, which then makes your heart beat even faster. Best not to get stressed. There are so many things you can do in life to reduce your chances of a heart attack. I think we need more information.

## LISTENING GAP FILL

From: [http://www.listenAminute.com/h/heart\\_attacks.html](http://www.listenAminute.com/h/heart_attacks.html)

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## CORRECT THE SPELLING

From: [http://www.listenAminute.com/h/heart\\_attacks.html](http://www.listenAminute.com/h/heart_attacks.html)

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 **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 HEART ATTACKS SURVEY

From: [http://www.listenAminute.com/h/heart\\_attacks.html](http://www.listenAminute.com/h/heart_attacks.html)

Write five GOOD questions about heart attacks 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.





## **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 heart attacks. Talk about what you discover with your partner(s) in the next lesson.

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

**4. HEART ATTACK POSTER** Make a poster about heart attacks. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY HEART ATTACK LESSON:** Make your own English lesson on heart attacks. 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 heart attacks. Share your findings with the class.

