

**N** - Network and Communication  
**P** - Professional  
**R** - Responsibility  
**U** - Unity

มหาวิทยาลัยราชภัฏนครปฐม  
Nakhon Pathom Rajabhat University



# ENGLISH FOR EFFECTIVE COMMUNICATION

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# OBJECTIVES

1. Understand Vocabulary related to health and lifestyle.
2. Use and Construct comparative and superlative degrees in the sentence and review the Adverbs.
3. Listen to audio about strategies for health.
4. Read and understand the article about Healthier Cities.
5. Discuss comparing ideas and expressing agreement.



# Unit 3: Live your best life.



01

## Vocabulary Practice and Speaking

Matching the photos about health and lifestyle. And Discuss with a partner about health activities and listen to an audio about

02

## Language Focus

Comparative and Superlative Adjective and review of Adverbs.

03

## Listening

Listen to a podcast interview of a medical researcher.

04

## Reading

Article about Healthier , Happier Cities

05

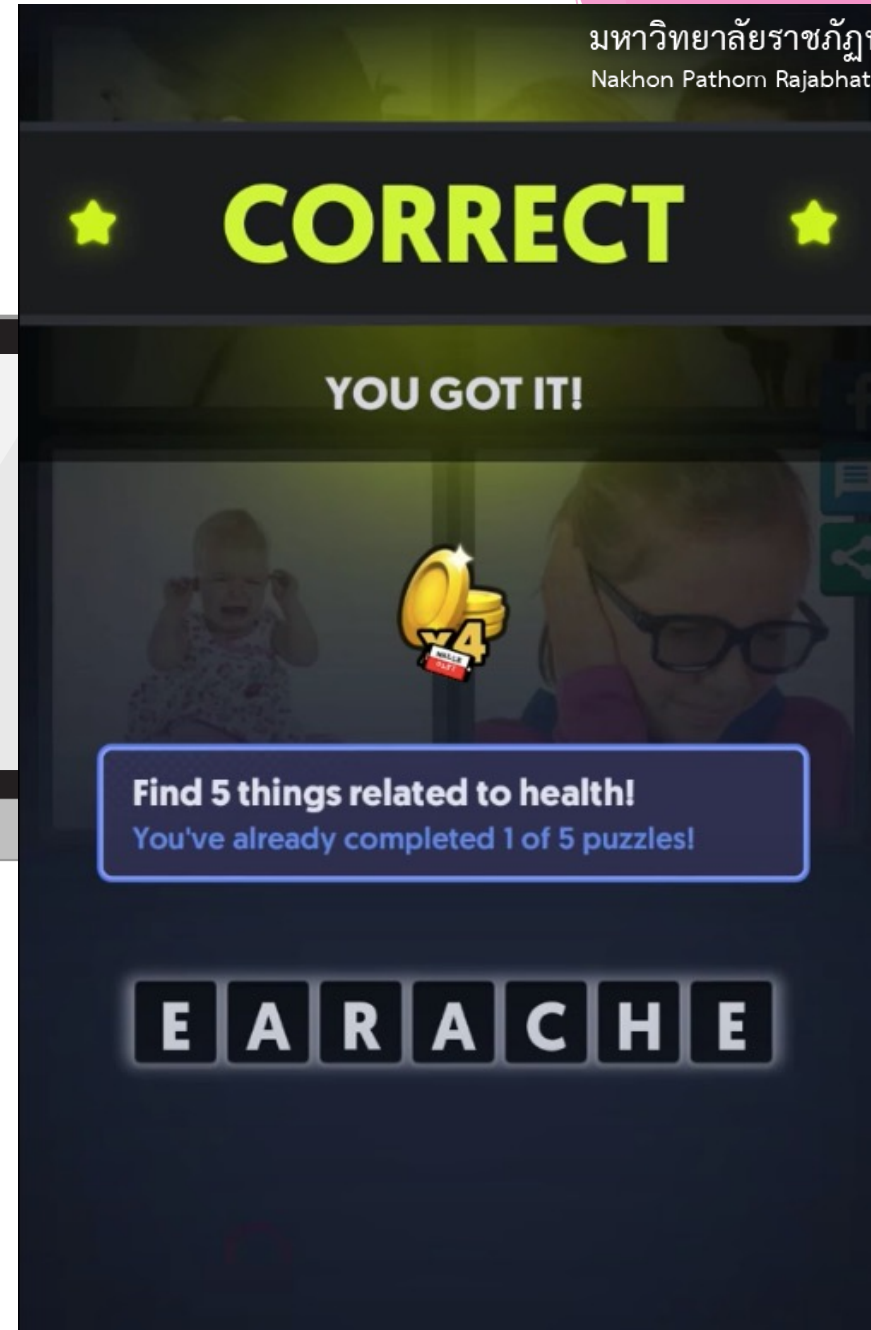
## Writing

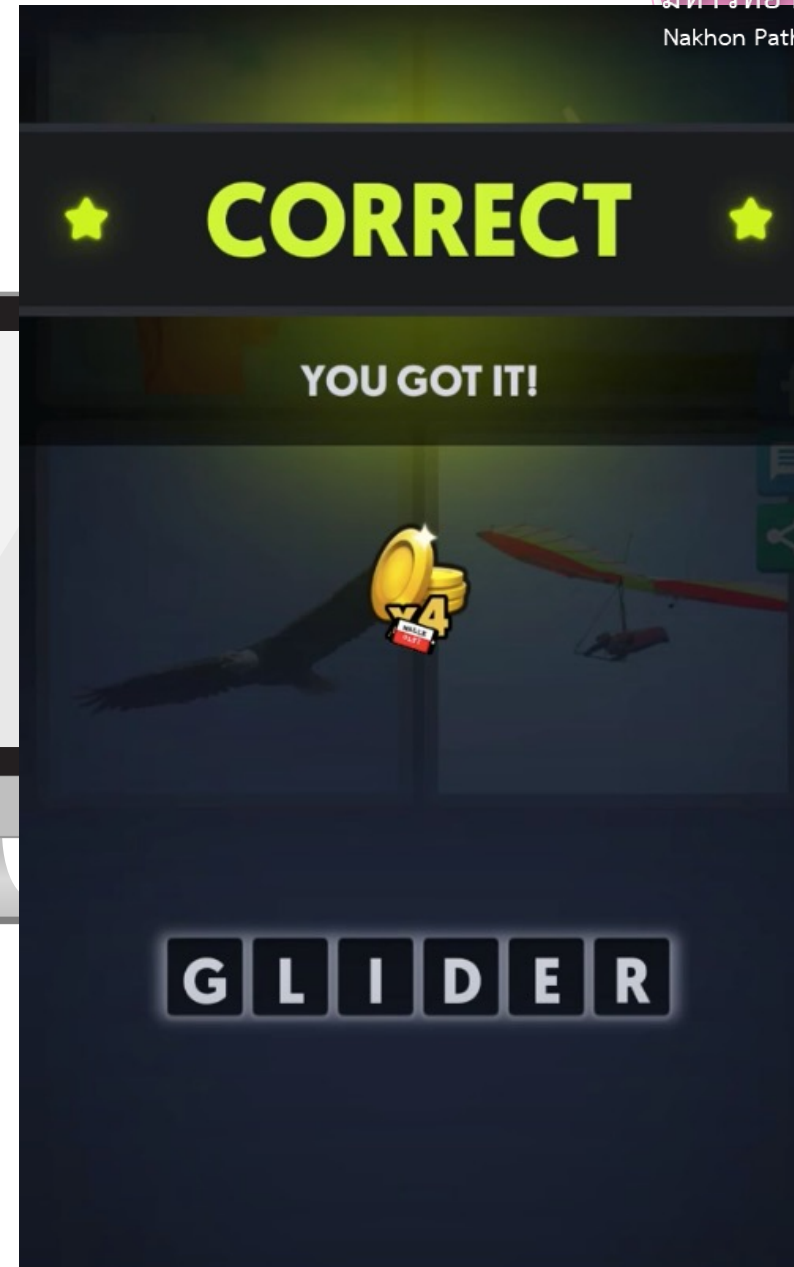
Write a lifestyle blog about your city or town.

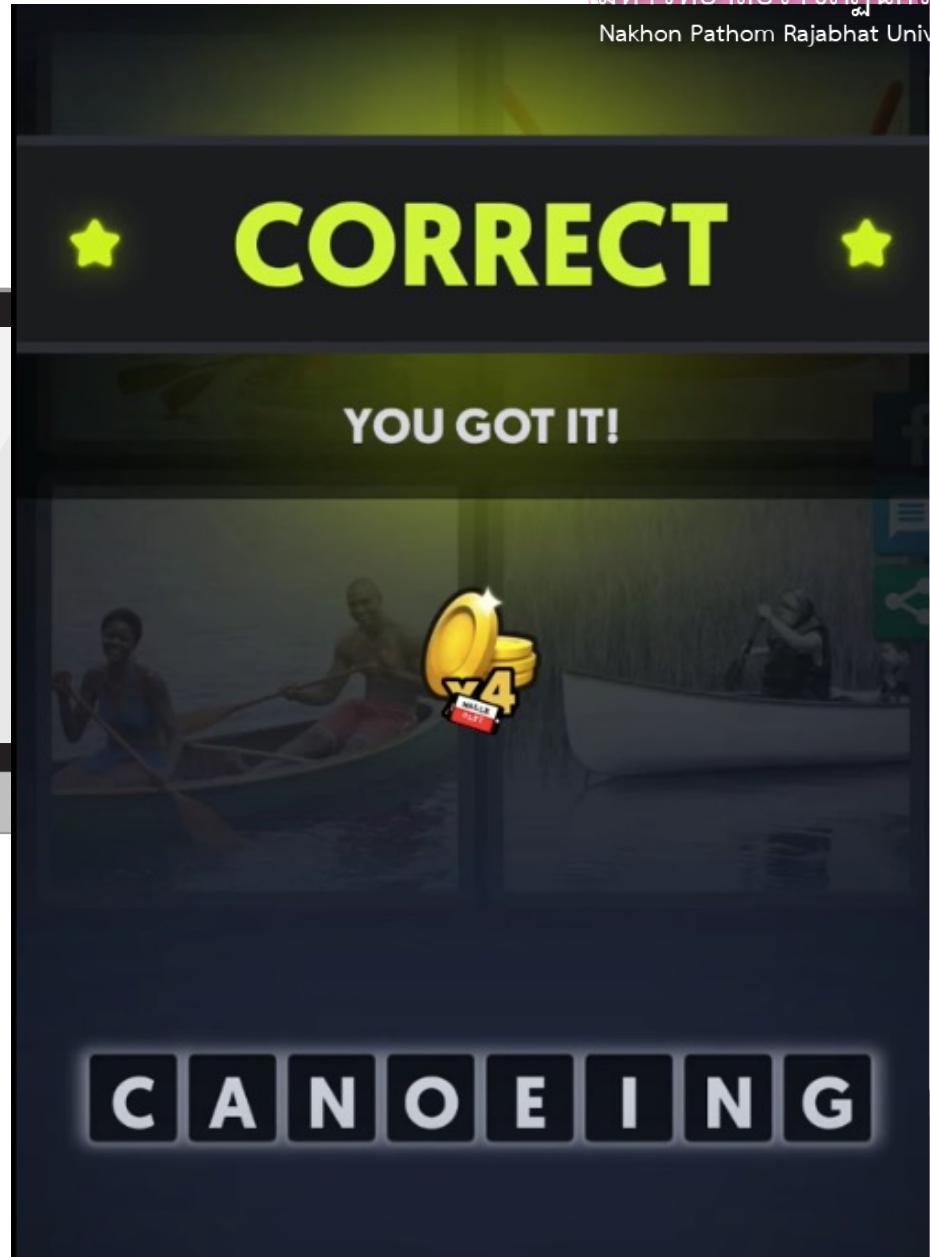
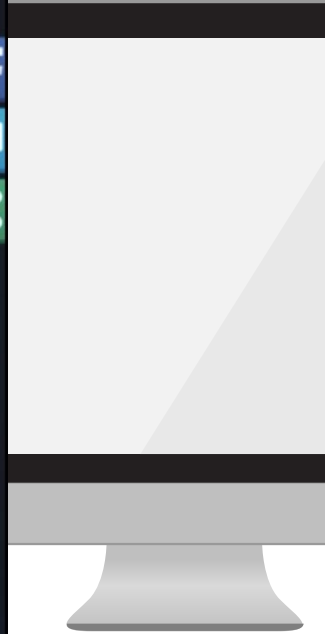


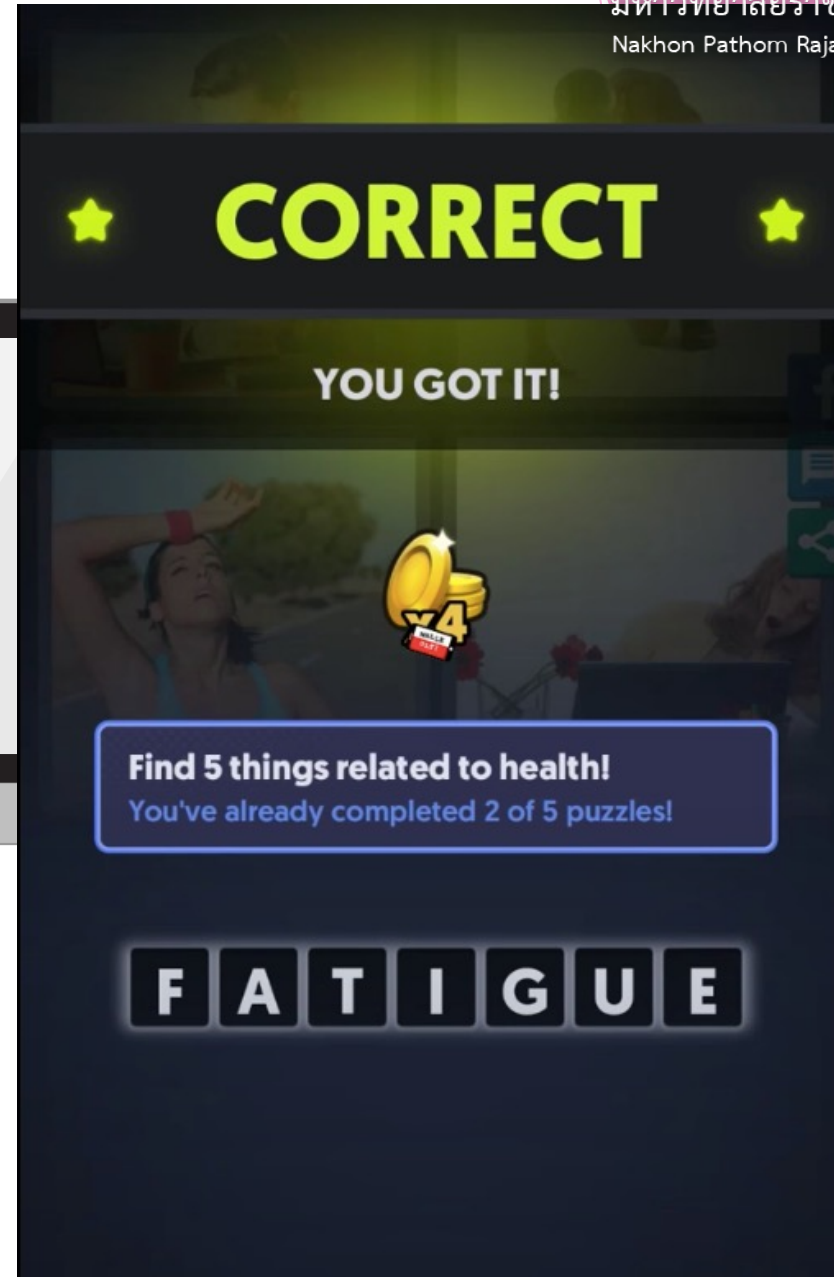
# pics 1 word



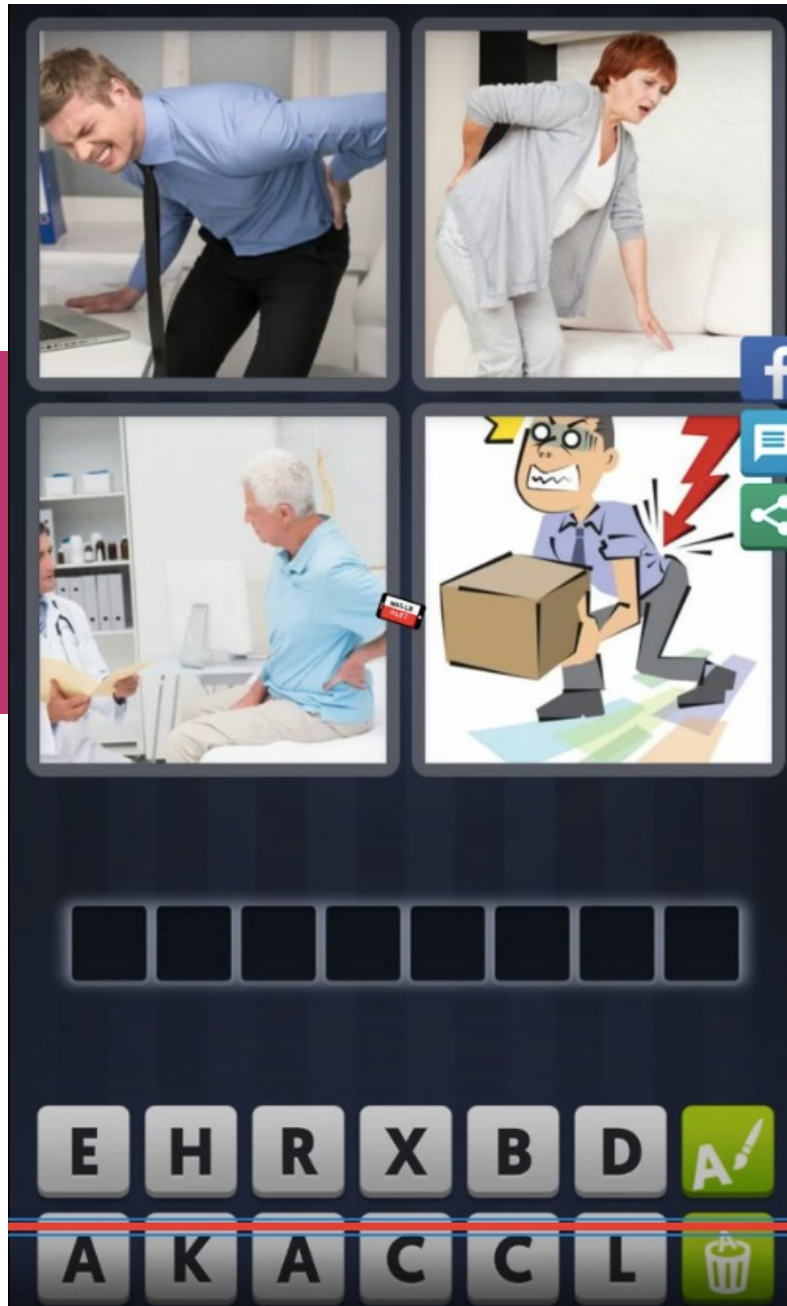












★ **CORRECT** ★

YOU GOT IT!

Find 5 things related to health!  
You've already completed 4 of 5 puzzles!

**B A C K A C H E**





Before we proceed :

- What do you do on your typical day?

Ex. I always wake up early in the morning and head to work every day including weekends.



# Vocabulary :

Practices meditation

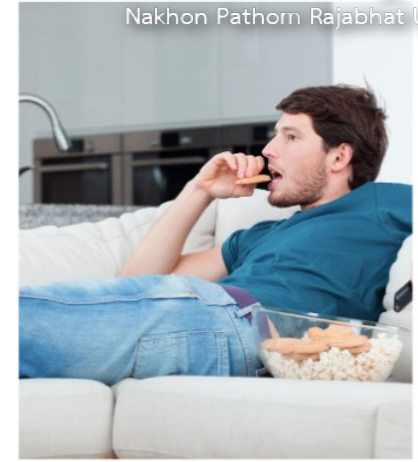


Marissa

Marissa

Brad

Has a sedentary lifestyle and suffer from insomnia.



Brad

Needs to be more conscious of his health habits

Brad

Choose a healthy lifestyle to improve his well-being through sports.



Kenji



Marissa

Marissa and Kenji

Says biking is definitely his comfort zone

Kenji

Likes to watch mountain bike videos.

Kenji



Kenji



Brad



Kenji

# Vocabulary



“

Choose the phrases that best explain the bold words.

”

Choose the phrases that best explain the words in bold.

1. An example of a **sedentary** activity is *listening to the radio* / playing soccer / taking a shower.
2. In order to deal with **insomnia**, some people *sleep in a dark room* / go dancing / visit friends.
3. A good way to **boost confidence** is to *make a schedule* / practice a skill / take vitamins.
4. I am in my **comfort zone** when I do something *boring* / too hard / a little challenging.
5. People who are **conscious** of their health *notice what they do* / do a lot of exercise / wake up early.
6. When people are practicing **meditation**, they *jump around* / sing together / sit still.

# Speaking



“

Discuss these questions to your partner.

”

- What do you do when you have downtime?
- In what ways are you health-conscious?
- What kinds of activities are you doing when you are in your comfort zone?

I like to nap when I have downtime!

Me, too! But now I'm working, I'm more conscious of my sleep habits.



# Language Focus

## Comparative Vs. Superlative

The degree of adjectives has three types, Absolute, Comparative, and Superlative.

### COMPARATIVE AND SUPERLATIVE ADJECTIVES

#### SOME RULES ABOUT FORMING COMPARATIVES AND SUPERLATIVES

- One syllable adjectives generally form the comparative by adding **-er** and the superlative by adding **-est**, e.g.:

Adjective	Comparative	Superlative
Soft	Softer	The softest
Cheap	Cheaper	The cheapest
Sweet	Sweeter	The sweetest
Thin	Thinner	The thinnest

#### TWO SYLLABLE ADJECTIVES

- two syllable adjectives which end in **-y** usually form the comparative by adding **-er** and the superlative by adding **-est**, (note the change of **-y** to **-i** in the comparative/superlative) e.g.:

Adjective	Comparative	superlative
Lucky	luckier	The luckiest
Pretty	Prettier	The prettiest
Tidy	Tidier	The tidiest



# Language Focus

## Comparative Vs. Superlative

The degree of adjectives has three types, Absolute, Comparative, and Superlative.

### TWO SYLLABLE ADJECTIVES

- two syllable adjectives ending in **-ed**, **-ing**, **-ful**, or **-less** always form the comparative with **more** and the superlative with **the most**, e.g.:

Adjective	Comparative	superlative
Worried	More worried	The most worried
Boring	More boring	The most boring
Careful	More careful	The most careful
Useless	More useless	The most useless

### THREE SYLLABLE ADJECTIVES

- Adjectives which have three or more syllables always form the comparative and superlative with **MORE** and **THE MOST**, e.g.:

Adjective	Comparative	Superlative
Dangerous	More dangerous	The most dangerous
Difficult	More difficult	The most difficult

- The only exceptions are some three syllable adjectives which have been formed by adding the prefix **-un** to another adjective, especially those formed from an adjective ending in **-y**. These adjectives can form comparatives and superlatives by using **more/most** or adding **-er/-est**, e.g.:
- unhappy - unhappier - the unhappiest/ the most unhappy





# Language Focus

## Comparative Vs. Superlative

The degree of adjectives has three types, Absolute, Comparative, and Superlative.

### IRREGULAR ADJECTIVES

Adjective	Comparative	Superlative
Good	Better	The best
Bad	Worse	The worst
Far	Farther/further	The farthest/furthest

### USE OF COMPARATIVES

- Comparatives are very commonly followed by **than** and a pronoun or noun group, in order to describe who the other person or thing involved in the comparison is, e.g.:
- John is taller than me.
- I think that she's more intelligent than her sister.



# Language Focus

## Comparative Vs. Superlative

The degree of adjectives has three types, Absolute, Comparative, and Superlative.

### OTHER USES OF COMPARATIVES

- Comparatives are often qualified by using words and phrases such as much, a lot, far, a bit/little, slightly etc., e.g.:

You should go by train, it would be much cheaper.

Could you be a bit quieter?

I'm feeling a lot better.

Do you have one that's slightly bigger?

- Two comparatives can be contrasted by placing **the** before them, indicating that a change in one quality is linked to a change in another, e.g.:

The smaller the gift, the easier it is to send.

The more stressed you are, the worse it is for your health.

- Two comparatives can also be linked with **and** to show a continuing increase in a particular quality, e.g.:

  - The sea was getting rougher and rougher.
  - Her illness was becoming worse and worse.
  - He became more and more tired as the weeks went by

### USE OF SUPERLATIVES

- Like comparatives, superlatives can be placed before nouns in the attributive position, or occur after **be** and other link verbs, e.g.:

- the most delicious chocolate cake I've ever eaten
- Annabel was the youngest
- This restaurant is the best

- As shown in the second two examples, superlatives are often used on their own if it is clear what or who is being compared. If you want to be specific about what you are comparing, you can do this with a noun, or a phrase beginning with **in** or **of**, e.g.:

- Annabel was the youngest child
- Annabel was the youngest of the children
- This restaurant is the best in town.



# Language Focus

## Comparative Vs. Superlative

The degree of adjectives has three types, Absolute, Comparative, and Superlative.

### THE OPPOSITES OF COMPARATIVE AND SUPERLATIVES

- we use the forms **less** (the opposite of comparative more), and **the least** (the opposite of superlative the most).
  - **Less** is used to indicate that something or someone does not have as much of a particular quality as someone or something else, e.g.:
    - This sofa is less comfortable.
    - I've always been less patient than my sister.
  - **The least** is used to indicate that something or someone has less of a quality than any other person or thing of its kind, e.g.:
    - It's the least expensive way to travel.
    - She was the least intelligent of the three sisters.





# Let's practise!

**Use the words given to compare the following pictures.**



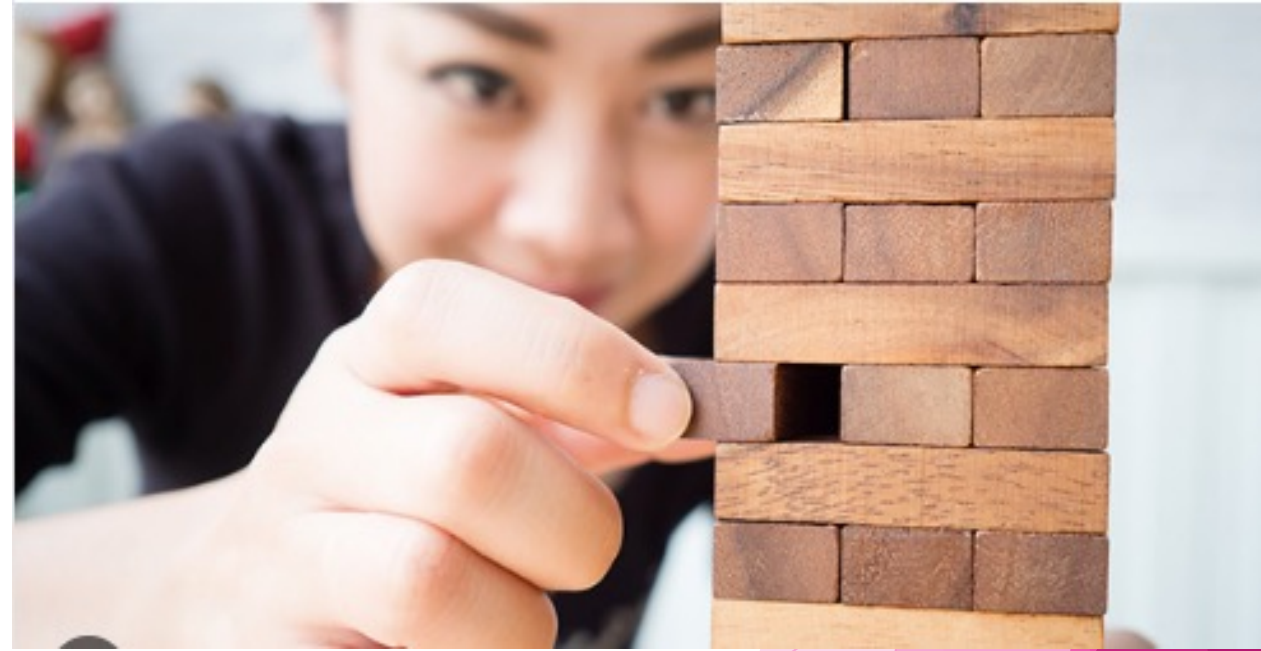


He is impulsive when he is excited.



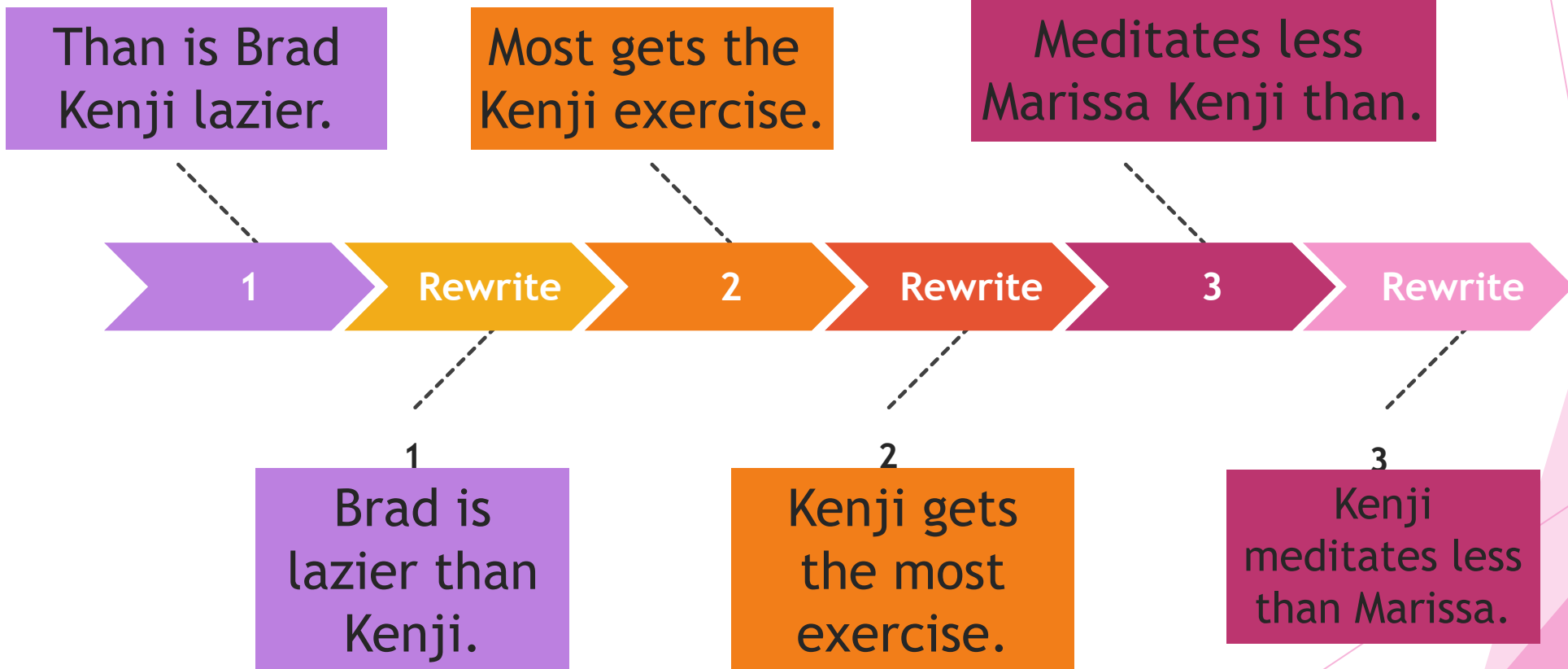
Impulsive

Adults are very cautious solving puzzles.

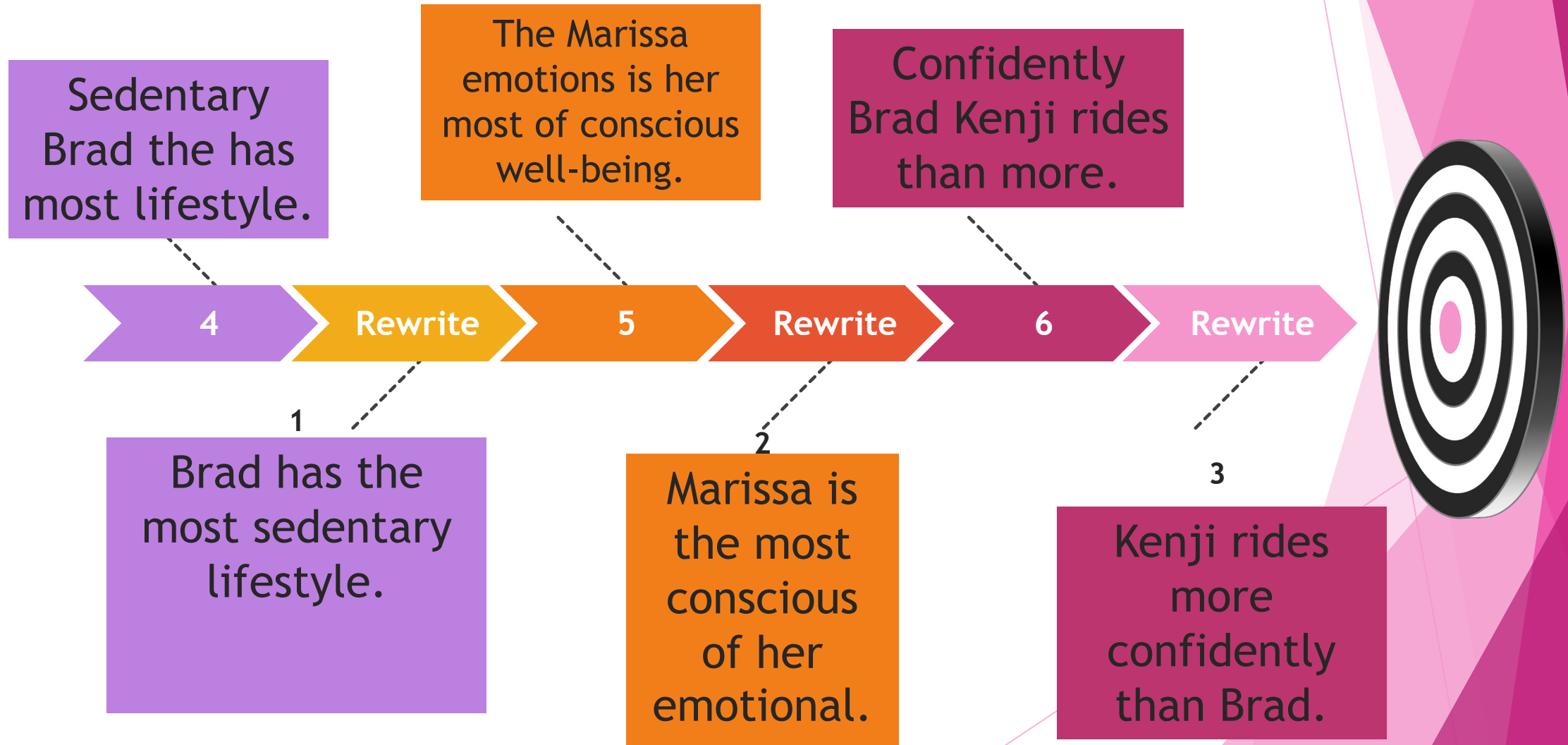


Cautious

# Rewrite these sentences



# Rewrite these sentences







Use the words in the box to complete the sentence.

1. I live near the oldest restaurant in the city.
2. His neighborhood is farthest away from school.
3. Our new building is bigger than the old single-storey one.
4. My friend drives more carefully than I do, and she has never had an accident.
5. Children are more confident about their physical abilities than older people.
6. I slept better when I was a child than I do now.

1. Confident  
2. Carefully  
3. Good

4. Far  
5. big  
6. old

Answer the following questions with your own opinion.

1

What is the worst day to eat a big meal? Morning, evening, or late at night?

2

Who drives better/the best? 20-year-old, 30-year-old or 40-year-old?

3

Which is better for your mental health? Having a lot of friends or having one or two close friends.

4

What is the effective way to reduce stress? Exercise, meditate, or listen to music?



# THIS IS THE END OF WEEK 5

Where you are learning the following

- vocabulary related to health and lifestyles
- grammar related to comparative and superlative degree of adjective



# LET'S PROCEED NOW TO WEEK 6

Where you are going to learn the following

-text about healthier cities

- Discussion and writing about comparing opinions and expressing agreements.
- Talking about some statements whether to agree or disagree with that statement.

# Listening



But before listening to the audio answer the following questions.

Answer the following questions.

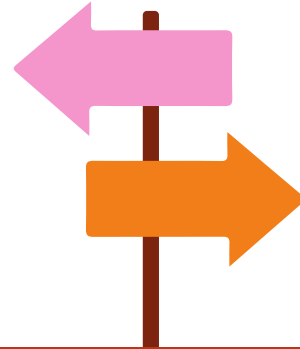
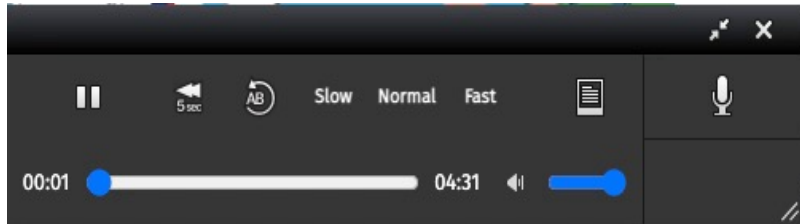


1. Do you believe in taking vitamin pills to stay healthy? Why or why not?
2. Do you think your perceptions about treatment can affect your health?



- 3 Have you ever used visualization to help you be successful?

# Listening



Listen to the podcast interview with a medical researcher. Choose the correct ending for each sentence.

- The conversation quotes that introduce the podcast reflect a conversation between ...  
 a. a scientist and a patient  b. the mind and the body  c. a parent and a child
- The placebo effect happens when a patient ...  
 a. takes a fake pill and gets better  b. takes a fake pill and gets sick  c. isn't sick but thinks he is
- According to Ely Finnigan, people can improve their health indicators by ...  
 a. getting more exercise  b. seeing the doctor more often  c. changing their ideas about stress
- Stress hormones are something that is produced by the body when a person is ...  
 a. nervous or excited  b. taking pills  c. focusing on a task

Listen again and choose (✓) A if Ely Finnigan agrees with the statement, D if Ely disagrees, or NG (not given).

- |   |                                    |                                    |                                     |
|---|------------------------------------|------------------------------------|-------------------------------------|
| 1. It is possible to improve your heart rate by changing your attitude. | <input checked="" type="radio"/> A | <input type="radio"/> D            | <input type="radio"/> NG            |
| 2. It is important to get enough sleep.                                 | <input type="radio"/> A            | <input type="radio"/> D            | <input checked="" type="radio"/> NG |
| 3. Researchers' experiments on patients are not helpful.                | <input type="radio"/> A            | <input checked="" type="radio"/> D | <input type="radio"/> NG            |
| 4. Having close friends can reduce stress                               | <input type="radio"/> A            | <input type="radio"/> D            | <input checked="" type="radio"/> NG |
| 5. Stress can help you be a better public speaker.                      | <input checked="" type="radio"/> A | <input type="radio"/> D            | <input type="radio"/> NG            |
| 6. Housework can be considered a form of exercise.                      | <input checked="" type="radio"/> A | <input type="radio"/> D            | <input type="radio"/> NG            |

# Before reading



Answer the following questions with your group.

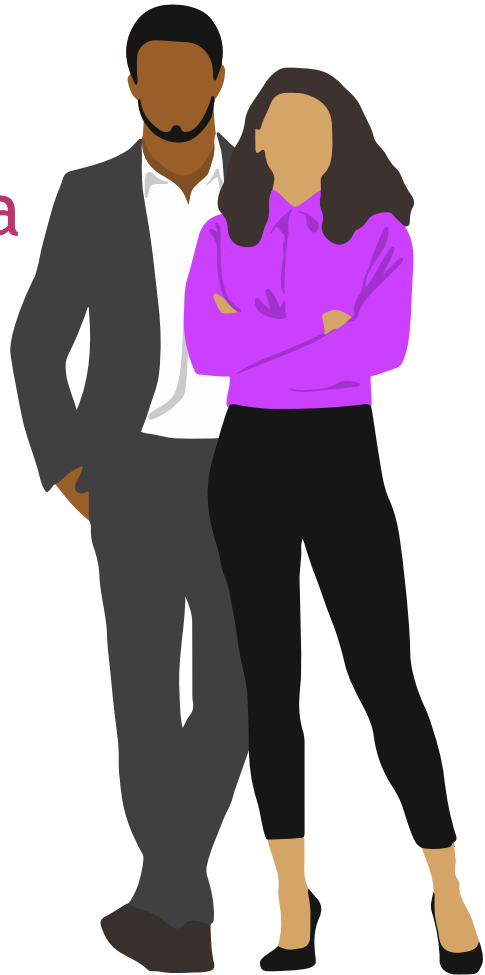
1. Where do you go to enjoy your free time in your city?
2. What makes the place attractive?
3. How do you feel while you are there?





# Reading

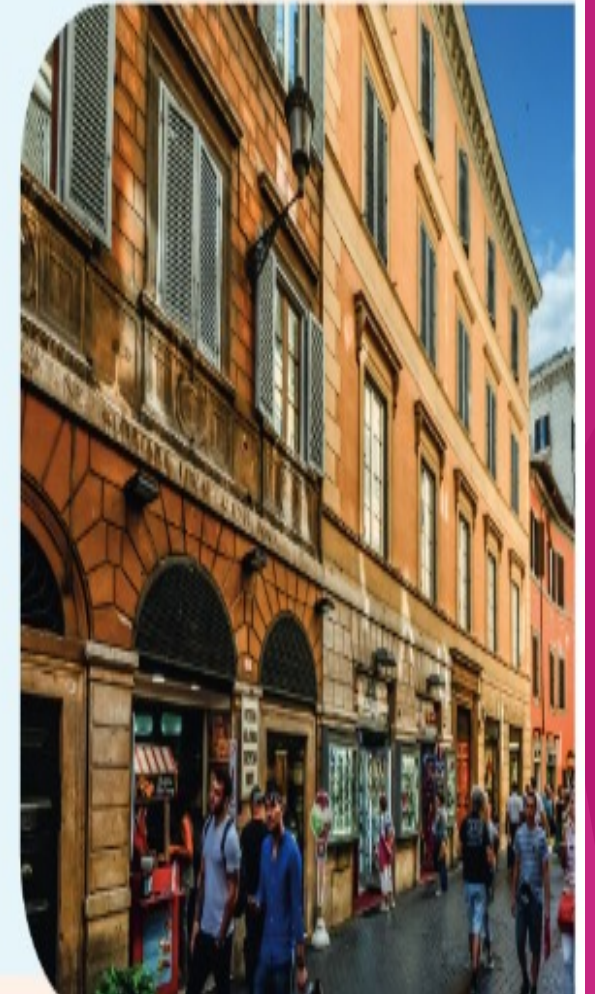
Is nature in cities a necessity or a luxury?



## Healthier, Happier Future Cities

Today, most humans live in cities. However, for most of human history, people have lived in nature. Our world had more sunlight flickering through trees, bird songs, the splash of rivers, and other natural elements than it has now. When we left that behind, did we lose something important?

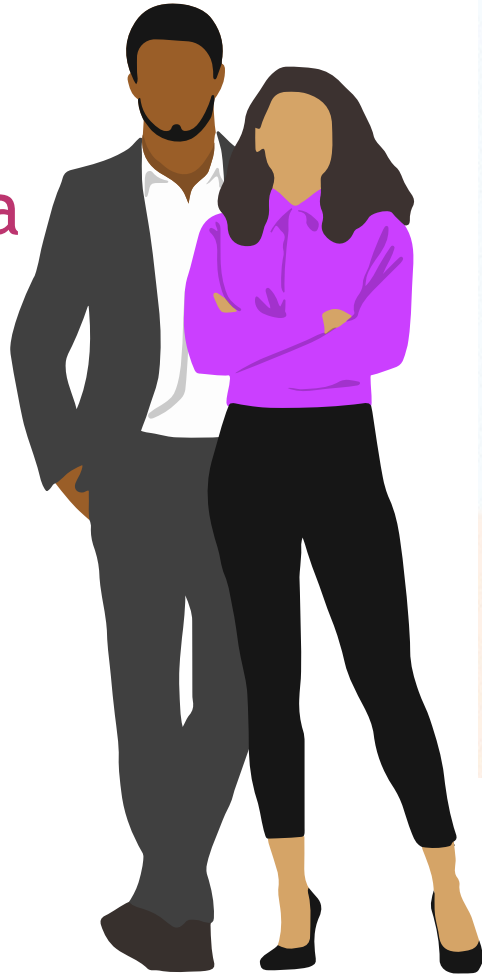
Now, research in the field of environmental psychology suggests that, yes, we did. One researcher, Ming Kuo, sums it up by saying that having nature in our lives is more important than many people realize. Her research shows that exposure to green spaces has psychological and health benefits. In neighborhoods with trees and plants, there is less crime, children do better in school, and people are healthier than in neighborhoods without nature.





# Reading

Is nature in cities a necessity or a luxury?



When this research is applied to urban planning, cities begin to look and feel very different. Already, local governments are bringing nature into the existing **infrastructure**, and the more the better. One way is by finding empty land and turning it into green spaces. For example, New York turned some **elevated** train tracks into a lovely walking path above the streets. Paris has also built an elevated path and Seoul has recently **converted** a freeway overpass into a landscaped pedestrian bridge.

Other cities have found **undeveloped** land along rivers and canals. In Houston, a system of waterways that carry rainwater out of the city are now 150 miles of parkway. Called linear parks, they have different access points around town and have become as popular as traditional parks. People can go jogging, or walk their dogs in a pleasant environment, and they can bike to work more safely than is possible on the surface streets.

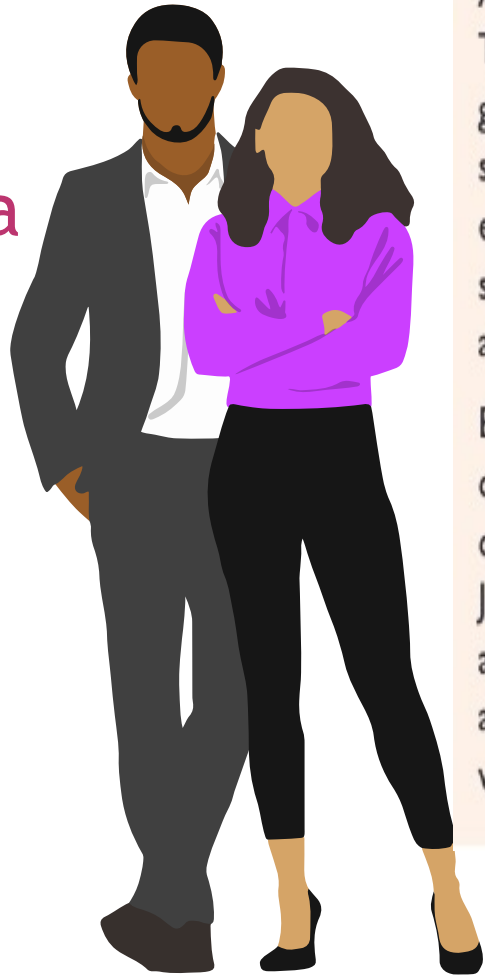






# Reading

Is nature in cities a necessity or a luxury?



Another **initiative** is to find more places to put gardens. Tokyo homeowners are experimenting with **vertical** gardens that grow up the walls of homes, and Mexico City has covered the supporting structure of a major highway with plants. In Singapore, engineers have created giant supertrees, made from concrete and steel, that support thousands of different plant species that **filter** the air. The cement structures also collect rain and solar energy.

Early results of these initiatives show that the natural spaces are creating a healthier, happier public. People also report feeling more creative. “When I’m stuck at work, I go for a long bike ride,” says Joe Meppelink, an industrial designer who lives in Houston. Ana Cheng, a London-based marketing director, schedules “walking meetings” along the River Thames. “It’s healthy, and we seem to have more ideas when we are moving,” she says. “It’s a **win-win** for everyone!”





# Reading

Write the name of the city or cities for each nature initiative.

1. There are elevated walking paths. New York and Paris
2. There is a system of bike and walking paths along the waterways. Houston
3. Super trees collect solar energy. Singapore
4. Pedestrians have a pleasant and safe bridge for crossing over a freeway. Seoul
5. Freeways are covered with plants. Mexico City
6. There are vertical gardens in homes. Tokyo

Is nature in cities a necessity or a luxury?



Match the main ideas 1–6 with the supporting details a–f.

1. The air is cleaner. c
  2. People are more creative. f
  3. People get more exercise. a
  4. The city produces clean energy. e
  5. Children do better in school. b
  6. The crime rate goes down. d
- a. Jen goes for a run on the parkway after work.
  - b. Walking to school helps seven-year-old Raul focus in class.
  - c. A new building design has places for trees to grow up the sides of the walls.
  - d. Neighbors go for walks, talk, and protect each other.
  - e. A super tree collects solar energy.
  - f. Colleagues go for a walk to brainstorm ideas for a new project.

# Before moving on to writing



Answer the questions below and try to decipher the things you want to see more in your city.

Where would you like to see more green space?  
What does the place look like now?

- What will it look like after?
- What will there be more of or less of?



# Unit 3- Writing



Write a blog about the lifestyle of your city using the information you have written a while ago.

myblog POSTS ABOUT FOLLOW ARCHIVE

SEARCH

## You and Improved: A lifestyle blog by Anya

### Cut down on stress eating with these simple tips

Henry has the typical stresses of a college student. He doesn't sleep before a test, he arrives late to class, and his bus ride is crowded and hot. Most days, Henry turns to his favorite comfort: instant noodles. Henry's response is common. There is even a term for it, "comfort food." However, Henry knows comfort food is full of fat, salt, and sugar, so he wants to be healthier.

Henry needs to change his habit. He can do this by replacing one reward with another. If Henry enjoys walking home, he will burn more energy and reduce stress. Also, Henry can listen to music as a treat. In addition, he can practice meditation as a way to relax.

Many of us are like Henry. We manage stress by eating unhealthy food, but we can change by finding new rewards. We'll feel happier, have better health, and, if work or school really is the most important thing, we'll actually be more productive and have less stress.

In your Blog, you have to include here something that you are fascinated with or get excited about someone or something in your city.

You may start by looking for a place in your city that catches your attention.

# Speaking



1. How do you like to meet new people?

2. When you disagree with someone do you speak up or stay quiet?



3. Do you ask questions and listen? Or do you like to answer questions and speak?

4. When you speak in the group what is easy for you and what is hard?







## Share your thoughts on agreeing or disagreeing on the statement below.

**PAIR WORK** Discuss the statements below with your partner. Decide on your relationship in the box, and use the phrases from Activity 2 in your discussion.

a boss / employee	coworkers	a teacher / student
a brother / sister	classmates	

- Exercise is a waste of time. I have too many other things to do.
- I love coming to work / school early. I get so much done.
- Getting together with friends is a lot of work. It's much easier to just go online and watch a television show.
- I never come to school when I am sick. I don't want to give someone else my illness.
- The best way to live a long life is to eat healthily.
- Public speaking is easy!

### SPEAKING TIP

Use expressions of agreement to show enthusiasm when you have the same opinion, such as:

*I know! I feel exactly the same way.*



# Sources

<https://www.youtube.com/watch?v=cYvAQmXJJo0>

[https://www.google.com/search?q=4+pics+one+word&rlz=1C5CHFA\\_enTH953TH954&sxsrf=APwXEdcK8eOcEzt9gy2apfkSCS55kA-FGw:1682190397269&tbm=isch&source=iu&ictx=1&vet=1&fir=nXIIEkpVtSLxM%252C5OZi4dbJORN03M%252C%253BzPZVnKugc3lAsM%252Ck4Aqx\\_eUNUd6lM%252C%253BRk0A9-35w6Vp5M%252Cke3Xa2eVQx\\_bDM%252C%253BsA98dqMD5lGikM%252CihPM-EV82m5w-M%252C%253BVVwly5kQe5LeM%252C5OZi4dbJORN03M%252C%253BTqDEVU61gehEqM%252CC32yMLk1fyt-UM%252C%253BV\\_LOADUC3bIKSM%252CpSDciG7TagZ8fM%252C%253BtebNAq2bEfjFhM%252Ce5h2-AVrxrrPsM%252C%253BmFAo9xPPdeDXiM%252CRAQumTb3iQbUbM%252C&usg=AI4\\_-kR3JODT6mtrB5moQqX5LX-KlJQ5Rw&sa=X&ved=2ahUKEwiYmsvll77-AhVRSmwGHTyJD-IQ\\_h16BAg9EAE#imgrc=sA98dqMD5lGikM](https://www.google.com/search?q=4+pics+one+word&rlz=1C5CHFA_enTH953TH954&sxsrf=APwXEdcK8eOcEzt9gy2apfkSCS55kA-FGw:1682190397269&tbm=isch&source=iu&ictx=1&vet=1&fir=nXIIEkpVtSLxM%252C5OZi4dbJORN03M%252C%253BzPZVnKugc3lAsM%252Ck4Aqx_eUNUd6lM%252C%253BRk0A9-35w6Vp5M%252Cke3Xa2eVQx_bDM%252C%253BsA98dqMD5lGikM%252CihPM-EV82m5w-M%252C%253BVVwly5kQe5LeM%252C5OZi4dbJORN03M%252C%253BTqDEVU61gehEqM%252CC32yMLk1fyt-UM%252C%253BV_LOADUC3bIKSM%252CpSDciG7TagZ8fM%252C%253BtebNAq2bEfjFhM%252Ce5h2-AVrxrrPsM%252C%253BmFAo9xPPdeDXiM%252CRAQumTb3iQbUbM%252C&usg=AI4_-kR3JODT6mtrB5moQqX5LX-KlJQ5Rw&sa=X&ved=2ahUKEwiYmsvll77-AhVRSmwGHTyJD-IQ_h16BAg9EAE#imgrc=sA98dqMD5lGikM)

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<https://www.oxfordlearnersbookshelf.com/home/main.html?state=88QAGvJpLst19fZH3b81682230761387>





THANK YOU