1. **How to boost your immune system**

Read and put down the unknown words

<https://www.vogue.com/article/how-to-boost-immune-system>

1.1 **Word formation exercise**

<https://www.english-grammar.at/online_exercises/word-formation/wf041-sentences.htm>

1.2 Write 15 sentences using 3 unknown words in each sentence

1.3 Paint a mind map using active vocab from the article

2. **Exercise, meditation, sleep and stress management**

<https://edition.cnn.com/2020/03/26/health/immunity-exercise-sleep-meditation-stress-coronavirus-drayer-wellness/index.htm>

2.2 put down the unknown words of the 50 % of the article

2.3Write 10 sentences using 3 unknown words in each sentence

2.4 put down the rest of the words

2.5 Write 10 sentences using 3 unknown words in each sentence

2.6

**complete with infinitive, bare infinitive or gerund**

(Intermediate) <https://www.englishpage.com/gerunds/gerunds_infinitives_14.htm>

(Intermediate) <https://www.englishpage.com/gerunds/gerunds_infinitives_19.htm>

2.7 Paint a mind map using active vocab from the article

3. Watch a video and put down the unknown words

**How to make healthy eating unbelievably easy** | Luke Durward | TEDxYorkU

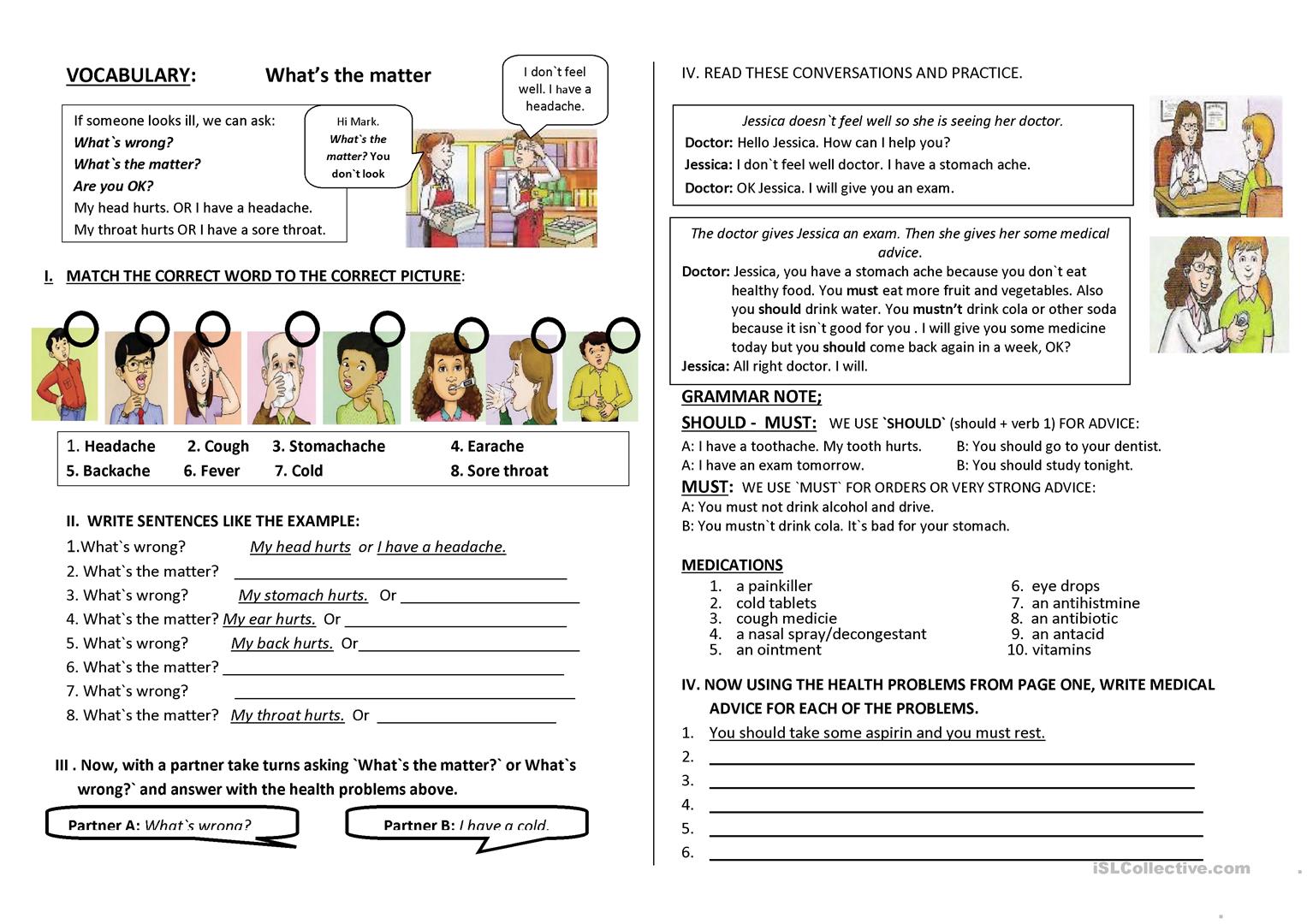
<https://youtu.be/Q4yUlJV31Rk>

3.1 complete with infinitive, bare infinitive or gerund

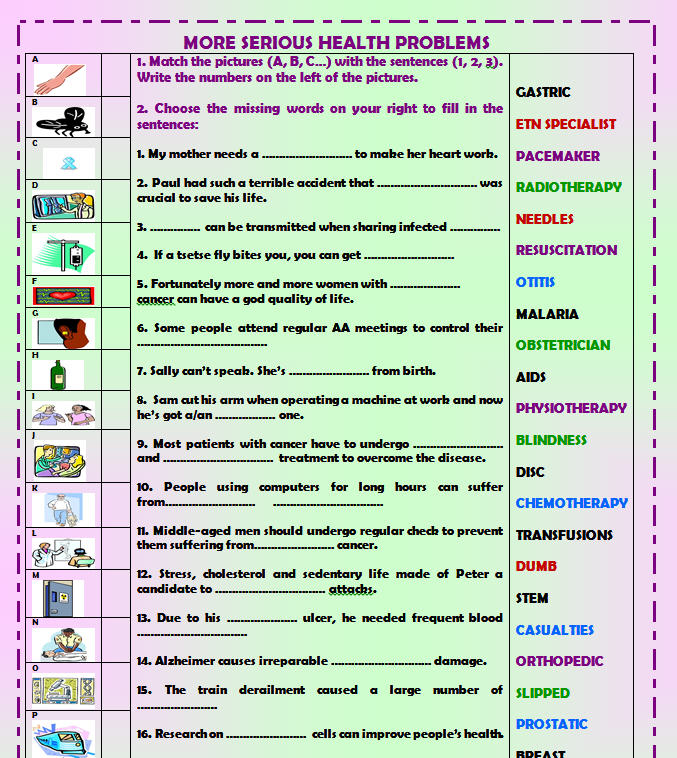
(Upper Intermediate) <https://school-english.de/english/uebungen/gerundium/remember.htm>

(Advanced) <http://baladre.info/english/sedaviwebfront/geruninfinitive7.htm>

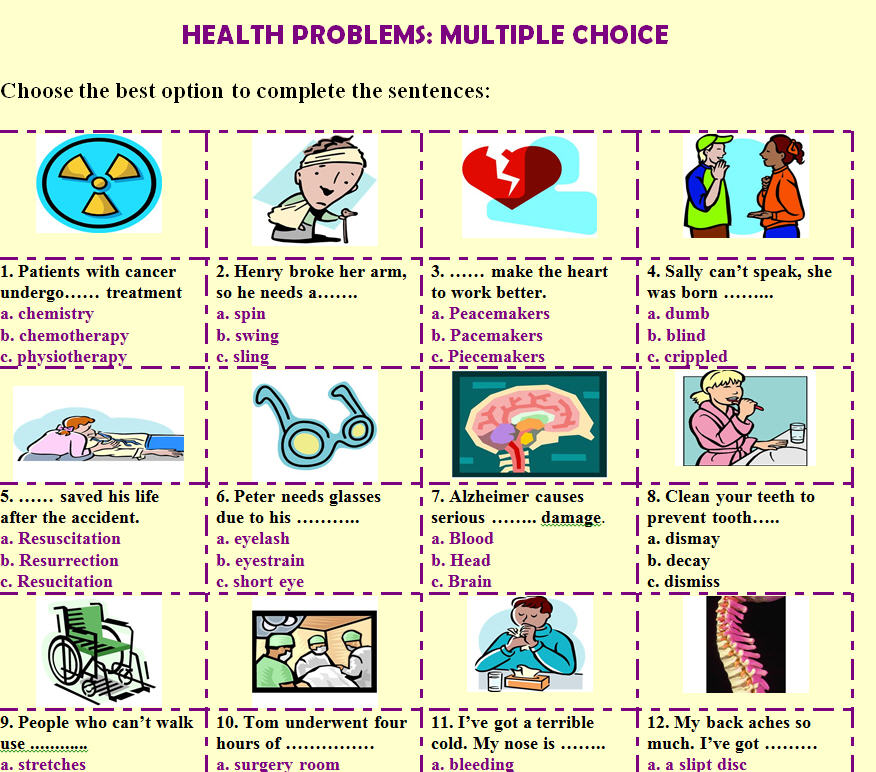
4. Exercise 4



5. Exercise 5



6. Exercise 6



7.Essay topics

<https://www.ieltsbuddy.com/ielts-essay.html>

In this introductory lesson you will find some guidance on how you should write an IELTS essay

Topics

1 How to fight infection by turning back your immune system's clock.

2 Today more people are overweight than ever before. What in your opinion are the primary causes of this?

3 Health education is an essential aspect of community health. Do you agree or disagree?