



# Healthy Minds

## Listening: Real Age Tips

**ELSA Level:** Level 4/5  
**Activity:** Learners listen to an audio text, take notes and complete comprehension questions  
**Time:** 30 minutes  
**Materials:** Canadian Snapshots: Raising Issues, Unit 8; Listening 1

### Learning Outcomes:

Learners will be able to:

- Recognize the health implications of not properly managing health issues.

### Suggested Approach:

- Learners listen to the audio, take notes and complete comprehension questions.

### Vocabulary to pre-teach:

Chronological

Biological