

LET'S UNDERSTAND!

Healthy Lifestyle

1. Listen to and read the conversations.

Sayri: Hello, my name is Sayri. Can I ask you some questions about what you do in your free time?

George: Sure.

Sayri: What's your name?

George: My name is George.

Sayri: How old are you?

George: I am 14 years old.

Sayri: What kind of activities do you like to do?

George: I go biking. I love it!

Sayri: How often do you go biking?

George: I go biking every day.

Sayri: Where do you go biking?

George: I usually ride in the park.

Sayri: When do you go biking?

George: Most of the time I go in the afternoon.

Sayri: Congratulations, George.

Biking is a healthy habit.



Mateo: Hello, my name is Mateo. Can I ask you some questions about what you do in your free time?

Susan: Of course!

Mateo: What's your name?

Susan: I'm Susan.

Mateo: How old are you?

Susan: I am 13 years old.

Mateo: What sports or activities do you like to do in your free time?

Susan: I don't play sports. I think they are boring and dangerous.

Mateo: Really? So, what do you like to do in your free time?

Susan: Well, I like playing online games.

Mateo: OK. So, how often do you play online games?

Susan: Every day. To be honest, sometimes I play almost all day.

Mateo: Where do you play them?

Susan: On my cell phone.

Mateo: Wow! Susan, that's a lot of screen time.

Susan: I know. Maybe I need to think about changing my lifestyle.



2. Write "G" for George or "S" for Susan. Follow the example.

Example: He/She has a healthy lifestyle.

G

1. He/She plays online games.



2. He/She has an unhealthy lifestyle.

3. He/She is 14 years old.

4. He/She goes biking.

G

3. Complete the chart using the information from the surveys.

QUESTIONS	 George	 Susan
	ACTIVITY biking	4.
FREQUENCY	1.	5.
WHERE	2.	6.
WHEN	3.	In her free time