

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.

S

2. He/She has an unhealthy lifestyle.

S

3. He/She is 14 years old.

S

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