

LET'S CHANGE OUR LIFESTYLE!

Healthy Lifestyle

SITUACIÓN SIGNIFICATIVA

En nuestra comunidad se evidencia altos índices de obesidad y vulnerabilidad de las personas frente al COVID-19, por ello se ha iniciado la campaña "Be active", con nuevos estilos de vida en cuanto a la alimentación y las actividades físicas. Se ha convocado tu apoyo para preguntar a otros adolescentes como tú sobre sus estilos de vida. ¿Qué preguntas realizarías a las personas de tu entorno más cercano para conocer sus estilos de alimentación y práctica de actividades físicas? ¿Qué instrumento utilizarías para recoger esta información? ¿Qué recomendaciones brindadas por la OMS compartirías a las personas que desean cambiar sus estilos de vida y proteger su salud?

COMPETENCIA	PURPOSE (Propósito de aprendizaje)	EVIDENCE (evidencia a enviar)
Lee diversos tipos de textos escritos en inglés como lengua extranjera.	Identifica información explícita, relevante y complementaria dentro de una conversación sobre hábitos saludables y no saludables en nuestra vida diaria	Worksheet

1. Choose See the pictures and select if they are healthy and unhealthy lifestyle activities.

Example



I play online games all day.

Healthy lifestyle

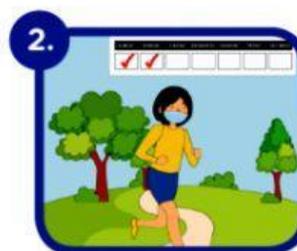
Unhealthy lifestyle



I never exercise.

Healthy lifestyle

Unhealthy lifestyle



I go running twice a week.

Healthy lifestyle

Unhealthy lifestyle



I don't play sports.

Healthy lifestyle

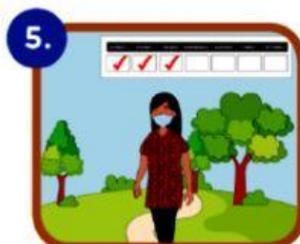
Unhealthy lifestyle



I usually go biking.

Healthy lifestyle

Unhealthy lifestyle



I go walking three times a week.

Healthy lifestyle

Unhealthy lifestyle

Now, Classify the activities

I play online games all day - I never exercise -
 I go running twice a week - I don't play sports -
 I usually go biking - I go walking three times a week

Healthy lifestyle	Unhealthy lifestyle
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

2. Listen to

LISTEN TO and read the conversation

Sayri and Mateo want to promote healthy lifestyles in their communities, so they decided to ask people questions about what they do in their free time.



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.



LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

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.

UNDERSTAND-EXERCISE 2

Complete the chart using the information from the story.

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

NOTEMOS ALGO:

How often...?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Every day	X	X	X	X	X	X	X
Two times a week	X				X		
Three times a week	X		X		X		

UNDERSTAND-EXERCISE 3

Match the questions with the answers. Follow the example.

Example:

1. Where do you play sports?

2. Do you play sports?

3. How often do you play sports?

4. When do you go skating?



Autoevaluación



1. ¿Puedo reconocer palabras simples en inglés con el apoyo de imágenes?

SÍ - NO

2. ¿Puedo comprender frases básicas en textos breves y sencillos escritos en inglés?

SÍ - NO