

ENGLISH: Level A1 - WEEK 28

Experience 08

Activity 01

"LET'S CHANGE OUR LIFESTYLE"

HEALTHY LIFESTYLE

LET'S OBSERVE

LOOK AT the pictures. **SELECT**



for a healthy lifestyle or

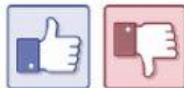


for an unhealthy lifestyle choice.

Example



I play online games all day.



1.



I never exercise.



2.



I go running twice a week.



3.



I don't play sports.



4.



I usually go biking.



5.



I go walking three times a week.





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Now, **CLASSIFY** the lifestyle habits into two categories.



HEALTHY
LIFESTYLE



UNHEALTHY
LIFESTYLE

I play online games all day.

LET'S LISTEN AND READ!

WATCH the video, LISTEN TO and READ the conversations.





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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!

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.



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Exercise 2 COMPLETE the chart using the information from the conversation.

Questions	 George	 Susan
ACTIVITY	biking	
FREQUENCY		
WHERE		
WHEN		In her free time

Exercise 3 MATCH the questions with the answers. Follow the example.

Where do you
play sports?

Do you play
sports?

How often do
you play sports?

When do you go
skating?

A

On
Saturdays

B

Three
times a
week

C

Yes, I do.
I love
them

D

In the
park