

LEARNING EXPERIENCE 8: LET'S CHANGE OUR LIFESTYLE!

ENGLISH LEVEL A1

HEALTHY LIFESTYLE

LEARNING GOAL: Comprende información específica de textos escritos sobre recomendaciones para mantenerse saludable durante la pandemia.

COMPETENCIA	CAPACIDAD	CRITERIOS DE EVALUACION	¿QUÉ HAREMOS?
Lee diversos tipos de textos escritos en inglés como lengua extranjera	<ul style="list-style-type: none"> Obtiene información del texto escrito. Infiere e interpreta información del texto escrito. 	Infiere e interpreta información de dos infografías con recomendaciones para mantenerse saludable durante la pandemia.	<ul style="list-style-type: none"> Identificarás estilos de vida saludables. Leerás y escucharás dos textos con recomendaciones para mantenerse saludable durante la pandemia. Resolverás ejercicios de comprensión de lectura. Completarás textos con recomendaciones

Student's name: GRADE: SECTION:

ACTIVITY 3: Healthy activities

LEAD IN: Look at 1. Look at the pictures and tick "✓" all the people who have healthy lifestyle.

A

What physical activities do you like?

I tried online exercising and I liked it.
 a.

I dance for a few minutes every day.
 b.

I don't do exercises. I have gained some weight.
 c.

I enjoy eating fruits. I eat apples, grapefruits, and oranges every day.
 a.

I love fast food. I don't like vegetables. I never eat them.
 b.

I like potatoes, quinoa, and carrots. They are delicious.
 c.

B

What do you like to eat?

LET'S LISTEN AND READ!

LET'S LISTEN AND READ: Look at the WHO recommendations to stay healthy during the pandemic.

A Staying physically active

1. Stay active. Do exercise at home.
2. Try exercises classes online.
3. Dance to music.
4. Take healthy walks.
5. Walk up and down the stairs.
6. Do some stretching exercises.

B Eating healthy

1. Eat moderate amounts of fats and oils.
2. Drink enough water. Drink 8 glasses of water every day.
3. Limit sugar diet.
4. Eat a variety of food.
5. Eat fruits and vegetables.

WHO = World Health Organization = Organización Mundial de la Salud

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Look at the people and identify their problem.

Part. A. Which WHO recommendations each person needs A or B?

I don't like quinoa. I love sweets.

1 **A**

I hate sports, but I like fast food.

2

I eat a lot of chocolates. Vegetables? No, no, thanks.

3

I don't like any sport.

4

Part. B. at María and Dante's information chart and find out who has a healthy or unhealthy lifestyle.

QUESTIONS	 María (13)	 Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

María has _____
Dante has _____

UNDERSTAND - EXERCISE 2:

PART A:

Who needs a change in his/her lifestyle?

PART B: Complete the recommendations with the missing information.



Dear friend, (1) _____

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3) _____ exercise at home.

(4) _____ moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo

Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ three times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy

1. ¿Puedo completar información simple en inglés, siguiendo un modelo?

SÍ-NO

2. ¿Puedo escribir palabras y frases simples en inglés?

SÍ-NO