WORKSHEET N° 27

Healthy Lifestyles

LEARNING EXPERIENCE 8: LET'S CHANGE OUR LIFESTYLE!

ACTIVITY 3: "HEALTHY ACTIVITIES"

NAME_____ GRADE: 3 ___ DATE: Wednesday, November 3rd 2021 LEVEL A1

PROPOSITO: Identificar las recomendaciones sobre una vida saludable durante la pandemia.

Competencia: Lee diversos tipos de textos escritos en inglés como lengua extranjera.

Activity 3: Healthy Activities

LEAD IN

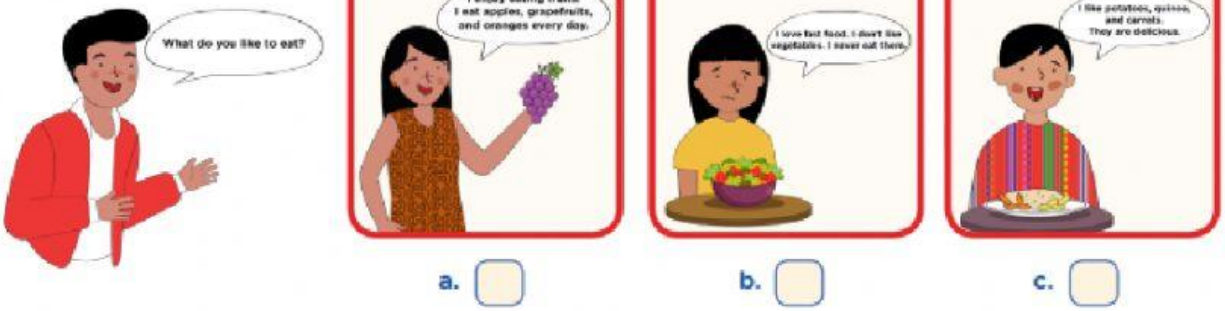
1. Look at the pictures and **tick** " ✓ " all the people who have healthy lifestyle.

A



a. ☑ b. ☐ c. ☐

B

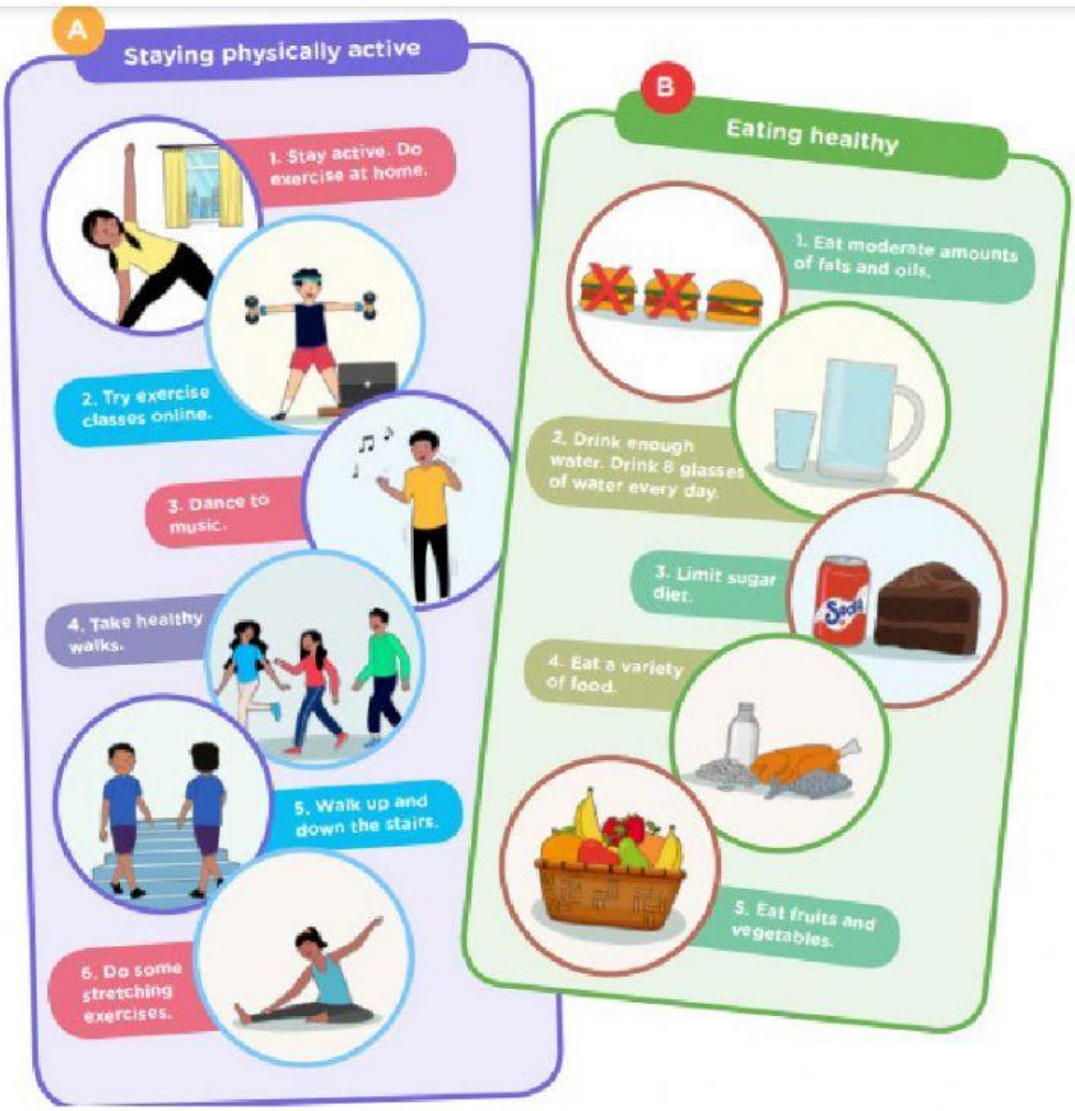


a. ☐ b. ☐ c. ☐

LET'S LISTEN AND READ

Look at the **WHO** recommendations to stay healthy during the pandemic.

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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?



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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

UNDERSTAND-EXERCISE 2

Part. A

Who needs a change his/her lifestyle?



MARÍA



DANTE

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Part. B. Complete the recommendations with the missing information.

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

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

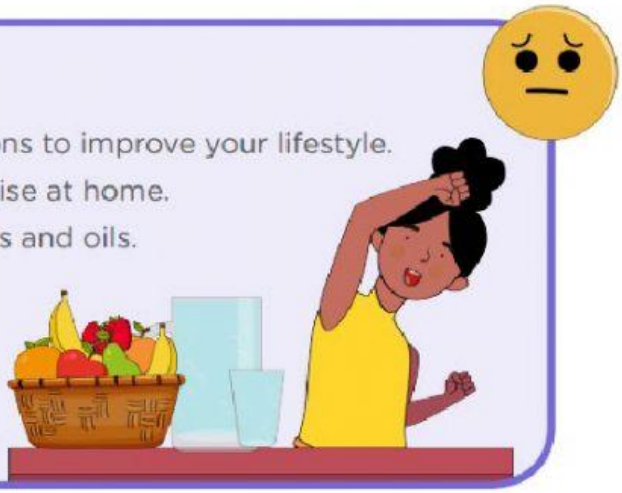
(4) _____moderate amounts of fats and oils.

(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

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STAY ACTIVE,
BE HEALTHY!