WEEK 31

UNIT: LET'S CHANGE OUR LIFESTYLE - Healthy Lifestyle

Name: _____ Grade /Section : _____

Reflection:

And I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books. Revelation 20:12

Where are our actions recorded?

a. Before the throne.
b. In the books.
c. In the book of life.

1. Goals for the class:
   1. Read the interview and identify healthy activities and unhealthy activities.
   2. Make an interview to your partner doing a healthy habit or unhealthy habit and explain why?.

2. Look at the pictures and think about What do you like to do?

		
play musical instrument	**read** a book.	**watch** TV.
		
go walking.	**ride** a bike	**play** games on my smartphone.

In your opinion, which activity is healthy habit and which one is unhealthy habit and why?

I think,

I guess,

I believe,

3. Listen to and read the conversations.

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.
Sairy:	When do you go biking?
George:	Most of the time I go in the afternoon.
Sairy:	Congratulations, George. Biking is a healthy habit.



LIVEWORKSHEETS

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 cellphone.
Mateo:	Wow! Susan, that's a lot of screen time.
Susan:	I know. Maybe I need to think about changing my lifestyle.



4. Complete the chart using the information from the story.

		
HOW OFTEN	...does George go biking?	...does Susan play online games?
FREQUENCY		
WHERE	...does George go biking?	...does Susan play online games?
PLACE		
WHEN	...does George go biking?	...does Susan play online games?
TIME		

5. Create an interview to your partner doing a healthy lifestyle or unhealthy life style

LIVEWORKSHEETS

SELF-EVALUATION	YES	NO
I can identify healthy habits and unhealthy habits in everyday lifestyle.		
I can make an interview about healthy or unhealthy habits to my partners and say why ...?		

LIVEWORKSHEETS