



PERÚ

Ministerio  
de EducaciónAPRENDO  
en casa

Educación Secundaria

## ENGLISH LEVEL: A2

## WEEK 23

## MENTAL HEALTH

**PROPÓSITO DE LA SESIÓN:** 1. Leer una entrevista sobre el cuidado de la salud mental. /2. Identificar hábitos para mejorarla y cómo brindar recomendaciones. /3. Escribir recomendaciones a un miembro de tu familia o amigo(a) sobre hábitos de cuidado de la salud mental.

## A LET'S OBSERVE AND READ

1

Look at the pictures and complete the phrases.



sports.



H fun.



healthy.



L new things.



C With friends.

## B LET'S UNDERSTAND

2

Write the correct habit for each picture and then write the correct adverb of frequency.

How often does Franco practice the following habits?

1 Complete the sentences with the words in the box.

do activities we like - 8 hours - meat and rice - help others - some habits  
the end - tired all the time - instead of soda

1. According to the recommendations after the mental health quiz, we shouldn't sleep less than night.
2. According to the recommendations after the mental health quiz, we should eat fruits and vegetables, exercise and to be healthy.
3. If you got mostly C's on the mental health quiz, you should change
4. Franco visited a doctor because he felt
5. The doctor recommended that Franco avoid eating every day.
6. The doctor suggested that Franco drink water
7. The doctor's final recommendation to Franco was to

ACTION:  
Eat fruits and vegetables.FREQUENCY:  
Hardly ever.

ACTION:

FREQUENCY:



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:

## C LET'S PRACTICE

2 Rewrite the following recommendations so they are written correctly.

1. **Wrong** ✗ People should ~~to~~ eat fast food less often and eat fruit more often.Right ✓ People **should** eat fast food less often and eat fruit more often.2. **Wrong** ✗ Should teenagers exercise and they should watch TV less often.

Right ✓

3. **Wrong** ✗ Older people should not worry about their problems all the time and have fun more often.

Right ✓

4. **Wrong** ✗ You should to learn new things and focus on the positive side of things more often.

Right ✓





## LISTEN AND READ



### At the hospital

**Franco:** I feel tired all the time and I often feel grumpy in the mornings.

**Doctor:** Ok, let me ask you some questions first.

**Franco:** Sure.

**Doctor:** How often do you eat fruits and vegetables?

**Franco:** I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

**Doctor:** How often do you use your cell phone?

**Franco:** I am always on my cell phone. I need it to contact my friends and do my homework.

**Doctor:** How often do you drink soda?

**Franco:** I drink soda regularly. I love it.

**Doctor:** Last question. How often do you help others?

**Franco:** I hardly ever have time to help others. I'm too busy with school work!

**Doctor:** Here are my recommendations for you. First, you shouldn't eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.

