



PERÚ

Ministerio de Educación

APRENDO en casa

Educación Secundaria

English: Level A2+

WEEK 13

Mental health*

Activity

Improve our mental health

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the pictures and complete the sentences with a verb from the box. Follow the example:

Example:



MENTAL HEALTH



L _____ N _____
T _____



H _____ F _____



E _____
H _____



C _____
W _____ F _____

Mental health

READ

Read two conversations about mental health.

CONVERSATION 1



Rafael and his mom

Rafael: Hey mom! I have some questions to ask you about mental health. Do you have five minutes to answer them?

Flor: Yes, of course!

Rafael: How often do you exercise?

Flor: I never exercise. I sit at my desk all day.

Rafael: How often do you eat fruits and vegetables?

Flor: I hardly ever eat fruits and vegetables. I usually eat fast food.

Rafael: How often do you think about your problems?

Flor: I always think about my problems. I worry about them all the time.

Rafael: Okay! Now, I have some recommendations to improve your mental health.

Flor: Tell me, please.

Rafael: First, **I think** you have to exercise more often. Your body needs it to be healthy. **I also think** you should eat fruits and vegetables more often and eat fast food less often. Finally, **I think** you shouldn't worry about your problems so much. It's dangerous for your health!

Flor: I think you are right, but I am going to need your help to do that.

CONVERSATION 2

Sabina goes to the Doctor

Sabina: Doctor, I feel tired all the time and I am often grumpy in the mornings.

Dr. Gomez: Ok, let me ask you some questions first.

Sabina: Sure.

Dr. Gomez: How often do you sleep between 8 and 10 hours per night?

Sabina: Only occasionally because I usually go to bed very late.

Dr. Gomez: How often do you use your cell phone?

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

Dr. Gomez: How often do you drink soda?

Sabina: I always drink soda. I love it!

Dr. Gomez: Last question. How often do you take time to help others?

Sabina: I hardly ever take time to help others. I'm too busy with school work!

Dr. Gomez: Here are my recommendations for you. First, you shouldn't go to bed late. Try to sleep between 8 and 10 hours per night. In fact, all teenagers have to sleep that much to stay healthy! Also, you have to use your cell phone less often - your eyes and mind need to rest! You have to drink water more often; soda is not good for you! Finally, you should help others sometimes because it will make you feel better.



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LOOK!

More frequently = "more often"

Less frequently = "less often"



LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Write the correct name based on the conversations you just read. Follow the example:



Example:

He/she has some questions for his/her mom.

Rafael

1. He/she asks his/her patient how often she helps others.
2. He/she uses his/her cell phone all the time.
3. He/she has some recommendations for his/her mom.
4. He/she never exercises. He/she sits at his/her desk all day.
5. He/she asks his/her mom how often she eats fruits and vegetables.
6. He/she goes to the doctor because he/she feels tired and grumpy.
7. He/she asks his/her patient if she sleeps enough hours.
8. He/she drinks a lot of soda.

Blank yellow boxes for writing answers, corresponding to the list items above.

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UNDERSTAND - EXERCISE 2

Put a check "(x)" in the correct box according to Flor and Sabina's habits.

How often does Flor...	Never	Hardly ever	Occasionally	Always
1. ... exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. ... eat fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. ... think about her problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often does Sabina...	Never	Hardly ever	Occasionally	Always
4. ... sleep 8 to 10 hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. ... use her cell phone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. ... help others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LET'S PRACTISE!

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica los verbos modales "should" y "have to" ¿Para qué utilizamos estos verbos modales? Colorea de rojo las 2 opciones que mejor describa la función de "should" y con azul las que describan mejor la función de "have to":

Dar recomendaciones	Indicar obligaciones	Dar consejos	Indicar reglas
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Ahora, observa nuevamente los ejemplos de los textos y marca **verdadero** o **falso** al lado de las siguientes oraciones sobre la estructura de oraciones que contienen "should" o "shouldn't":

- Después del verbo "should" o "shouldn't" va la palabra "to". ¿Verdadero o falso?
- Antes de "should", "shouldn't" o "have to" usualmente va el sujeto. ¿Verdadero o falso?
- Después de "should", "shouldn't" y "have to" va el verbo siempre en su forma original. ¿Verdadero o falso?
- "Shouldn't" es la abreviación de "should not". ¿Verdadero o falso?
- La estructura de las oraciones que contienen los verbos modales "have to" y "should/shouldn't" es la misma. ¿Verdadero o falso?

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PRACTISE - EXERCISE 1

Rewrite the following recommendations so they are written correctly. Follow the example: Example:

1. **Wrong** ❌ People should to eat fast food less often and eat fruit more often.

Right ✓

2. **Wrong** ❌ Have to teenagers exercise and they should watch TV more 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 ✓

PRACTISE – EXERCISE 2

Match each conversation with the correct picture. One conversation is between friends and other one is between a doctor and a patient.

1

A: I gained a lot of weight this month! And I often have stomach aches.

B: I think you should exercise more often. I also think you should change your diet.

2

A: I gained a lot of weight this month! And I often have stomach aches.

B: You shouldn't eat fries and burgers too often. Also, it is very important to stay active. You have to exercise at least three times a week.

A



B



PRACTISE – EXERCISE 3 – Listening comprehension

Listen to the following interview with a doctor who gives some recommendations to improve our mental health.

Choose the correct option: a), b) or c). You will hear the conversation twice. Number 1 is an example.

- The doctor's first recommendation was:
 - Teenagers should go to bed earlier.
 - Teenagers shouldn't play video games.
 - Teenagers should go to bed at 8:00 pm.
- The doctor said that teenagers should sleep at least _____ hours a night.
 - 9.
 - 8.
 - 10.
- About food, the doctor said that teenagers should:
 - Eat less fast food.
 - Eat more fruits and vegetables.
 - a) and b) are correct.
- About physical activities, the doctor said we should:
 - Stand up and stretch every 40 minutes.
 - Run 5 kilometres every day.
 - Play our favourite sport.

The expression "I think you should" is preferable between: a) or b)?

a) A person in a position of authority

b) A friend

