

PRESENTING HEALTHY LIFE TIPS

ESTUDIANTE

PROPÓSITO

Los estudiantes presentan en inglés recomendaciones orales sobre hábitos saludables, empleando el *Present Perfect Continuous*, los *Second y Third Conditionals* y conectores, para explicar causas, efectos y posibles consecuencias de sus elecciones de estilo de vida.

COMPETENCIA

SE COMUNICA ORALMENTE EN IN

01

LET'S TALK HEALTHY HABITS!

A

Listen - Healthy Life Tips

Hello, my name is Cielo:

I have been walking to school every day.

If I didn't drink water, I would feel sick.

I eat fruit because it gives me energy.

B

Vocabulary - healthy habits

English	Spanish
🍏 Eating fruits and vegetables	
🚶 Walking to school	
zzz Sleeping 8 hours	
☐ Washing hands	
💧 Drinking water	
🏃 Exercising regularly	

C

Grammar practice

A: Present Perfect Continuous

Complete the sentences:

a) I have been _____ (drink) water every day.

b) She has been _____ (exercise) in the morning.

c) They have been _____ (eat) vegetables for a week.



B: Second Conditional

Complete the sentences:

a) If I didn't sleep well, I _____ tired.

b) If he didn't walk every day, he _____ (be) unhealthy.

c) If we ate too much junk food, we _____ (get) sick.



C: Third Conditional

Complete with your ideas:

a) If I had drunk more water, I _____.

b) If she had slept more, she _____.



D

Plan your healthy life tips

Use this template to prepare your oral presentation.



Two healthy habits (use Present Perfect Continuous):

▪ I have been _____.

▪ I have been _____.

One conditional sentence (Second or Third Conditional):

▪ If _____, I would _____.

▪ If I had _____, I would have _____.

One sentence with a connector:

▪ _____, so _____.

▪ Although _____, I _____.

