

Listening N° 2: Are you fit and healthy?

Name:

Class:

Date:

Objetivo de Aprendizaje 2

OA2: Identificar palabras y frases clave, expresiones de uso frecuente, vocabulario temático, conectores (*first, second, next, finally, or, because, before, after, too when, while*), en textos orales en diversos formatos o al participar en interacciones cotidianas y conversaciones en la clase.

I. Work and **ANSWER** these questions.

a. Do you know what it means  being a healthy person?



b. What do you understand by fit?



II. **MATCH** the  words and definition. Work in pairs and use our dictionary.

- a. fit
- b. healthy
- c. sleep
- d. breakfast

- _____ to go into or be in the condition of rest.
 - _____ the first meal of the day.
 - _____ in good physical condition. In good health.
 - _____ having or enjoying good health.



III. **WATCH** the following video and **UNDERLINE** the phrases present in it.

https://www.youtube.com/watch?v=_VczK2zV2sE

- a. wake up early in the morning.
- b. Get up late in the morning.
- c. Go to school on time.
- d. Do not eat breakfast.
- e. Food gives s energy to work.
- f. Food does not give us energy to do our work.
- g. Drink two glasses of water everyday.



IV. **WATCH** the video again. **TICK** ✓ the connectors that appear in the video.

a. first	
b. second	
c. next	
d. finally	
e. because	
f. or	
g. After	
h. when	
i. while	

