APRENDO en casa

LEVEL A1 | LE8 Week 01

# LET'S CHANGE OUR LIFESTYLE!

**COMPETENCIA**: Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

**PROPÓSITO**: Comprender información específica de textos en inglés sobre promover actividades físicas y estilos saludables de vida, a fin de elaborar un texto en inglés con las recomendaciones pertinentes para la situación.

**CHALLENGE**: Elaborar recomendaciones en inglés para promover la actividad física y los buenos hábitos alimenticios de otros adolescentes como tú a partir de la información obtenida en un cuestionario.



Mrs. J.C.

STUDENT'S NAME: _____ CLASS: _____

TEACHER'S NAME: _____ DATE: _____



## Activity 1: HEALTHY LIFESTYLE!

= like = dislike

## LEAD IN!

**1. A Match!** Then **look at** the pictures. **Draw** a for a healthy lifestyle choice and a for an unhealthy lifestyle choice.

I play online games all day. A

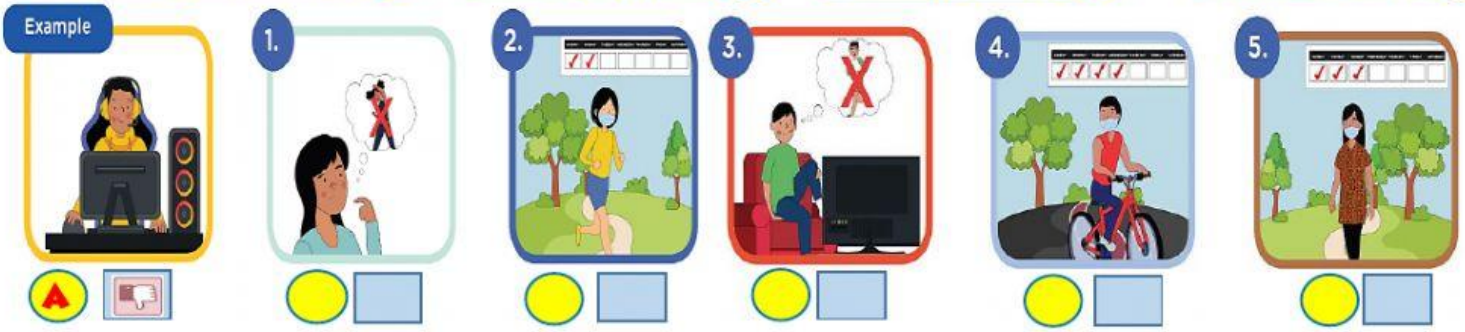
I go walking three times a week. B

I go running twice a week. C

I don't play sports. D

I usually go biking. E

I never exercise. F




**1. B** Now, **classify** the lifestyle habits into two categories.



HEALTHY LIFESTYLE

UNHEALTHY LIFESTYLE



## LET'S LISTEN AND READ!

https://youtu.be/r36N4_DfLCg



**2. 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.



LIVEWORKSHEETS

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.







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







# LET'S UNDERSTAND!

## EXERCISE 1

3. **Write** "G" for George or "S" for Susan. Follow the example.

| | |
|---|---|
| **Example:** He/She has a healthy lifestyle. | G |
| 1. He/She plays online games. | |
| 2. He/She has an unhealthy lifestyle. | |
| 3. He/She is 14 years old. | |
| 4. He/She goes biking. | |

## EXERCISE 2

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

| QUESTIONS | George | Susan |
|---|---|---|
| ACTIVITY | biking | 4. |
| FREQUENCY | 1. | 5. |
| WHERE | 2. | 6. |
| WHEN | 3. | In her free time |

NOTEMOS ALGO:

| How often...? | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Every day | X | X | X | X | X | X | X |
| Two times a week | X | | | | X | | |
| Three times a week | X | | X | | X | | |

## EXERCISE 3

5. **Match** the questions with the answers.

Where do you go biking?
How often do you go running?
Do you play sports?
When do you go skating?

1. _____
2. _____
3. _____
4. _____

A




B




C




D




## WHAT ABOUT YOU?

**How often do you .....?**

-I _____ _____.

## LET'S SELF ASSESS!

¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas relacionadas a estos estándares. ¿Los puedes hacer?




| | What to Do? | SI | NO |
|---|---|---|---|
| 1 | ¿Puedo reconocer palabras simples en inglés con el apoyo de imágenes? | | |
| 2 | Puedo comprender frases básicas en textos breves y sencillos escritos en inglés? | | |

LIVEWORKSHEETS