ENGLISH - **Change our Lifestyle** Level A1

**Healthy Lifestyle** Week 28

TEACHER: _____ Grade: _____

STUDENT: _____ DATE: _____

**1 - 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.



**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.

LIVEWORKSHEETS

## 2 - Listen to and 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. ☐

## 3 - Listen to and complete the chart using the information from the story.

| QUESTIONS |  George |  Susan |
|---|---|---|
| ACTIVITY | goes 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 | | |

LIVEWORKSHEETS

**4 - Match the questions with the answers. Follow the example.**

**Example:**

**1.** Where do you play sports?

**2.** Do you play sports?

**3.** How often do you play sports?

**4.** When do you go skating?

A




B




C




D




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LIVEWORKSHEETS