Teacher: Yhasmin Escobar

# EDA 8: Let's Change Our Lifestyle!

English: Level A1

APRENDO en casa

PROPÓSITO Comprender información específica de textos en ingles sobre actividades recreativas o deportivas.

COMPETENCIA: Lee diversos tipos de textos en inglés como lengua extranjera.

## CRITERIOS

- ✓ *Reconocer palabras simples en inglés con el apoyo de imágenes.*
- ✓ *Comprender frases básicas en textos breves y sencillos escritos en inglés.*

## ACTIVITY 1: HEALTHY LIFESTYLE

### LET'S LISTEN AND READ!

**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.

## LET'S UNDERSTAND!

**UNDERSTAND-EXERCISE 1**: 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. | |

**UNDERSTAND-EXERCISE 2**: Complete the chart using the information from the story.

| QUESTIONS |  Susan |  George |
|---|---|---|
| ACTIVITY | | Biking |
| FREQUENCY | | |
| WHERE | | |
| WHEN | 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 | | |

**UNDERSTAND-EXERCISE 3**: Match the questions with the answers. Follow the example:




Do you play sports?

Where do you play sports?







When do you go skating?

How often do you play sports?




LIVEWORKSHEETS