



Teacher:

Wasmín Escobar

# EDA 8: Let's Change Our Lifestyle!

English: Level A1

APRENDO  
en casa



**PROPÓSITO** Comprender información específica de textos en inglés 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.

**Sayri:** When do you go biking?

**George:** Most of the time I go in the afternoon.

**Sayri:** 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.

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.

G



**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:



Yes, I do. I love them

Do you play sports?



Three times a week

Where do you play sports?



On Saturdays

When do you go skating?



In the park

How often do you play sports?