



PERÚ

Ministerio  
de Educación



**APRENDO**  
en casa

LEARNING EXPERIENCE 8

English: Level A1

## Let's Change Our Lifestyle

### Activity 1: Healthy Lifestyle

#### LET'S OBSERVE!

1. **Look at** the pictures. Select the activities for a healthy lifestyle.

#### Example



I play online games all day.



1.



I never exercise.



2.



I go running twice a week.



3.



I don't play sports.



4.



I usually go biking.



5.



I go walking three times a week.



2. Now, **classify** the lifestyle habits into two categories.



**Healthy  
lifestyle**

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**Unhealthy  
lifestyle**

**I play online games all day.**

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**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	 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		



### UNDERSTAND-EXERCISE 3

**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

On Saturdays




B

Three times a week




C

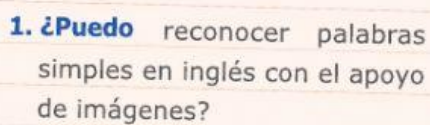
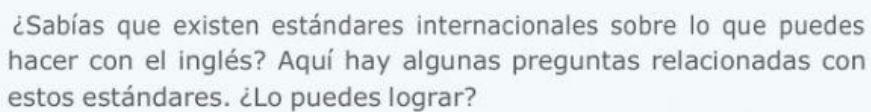
Yes, I do. I love them



D

In the park





2. **¿Puedo** comprender frases básicas en textos breves y sencillos escritos en inglés?

**This is the end  
of Activity 1.  
Bye-bye!**

