

ENGLISH: Level A1 - WEEK 28

Experience 08

Activity 01

"LET'S CHANGE OUR LIFESTYLE"

HEALTHY LIFESTYLE

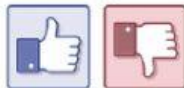
LET'S OBSERVE

LOOK AT the pictures. **SELECT** for a healthy lifestyle or for an unhealthy lifestyle choice.

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.





PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez Carrión

I.E. San Nicolás
Huamachuco

APRENDO
en casa



Now, **CLASSIFY** the lifestyle habits into two categories.



HEALTHY
LIFESTYLE



UNHEALTHY
LIFESTYLE

I play online games all day.

LET'S LISTEN AND READ!

WATCH the video, LISTEN TO and READ the conversations.





PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

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!

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.



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez Carrión

I.E. San Nicolás
Huamachuco

APRENDO
en casa



Exercise 2 COMPLETE the chart using the information from the conversation.

Questions	 George	 Susan
ACTIVITY	biking	
FREQUENCY		
WHERE		
WHEN		In her free time

Exercise 3 MATCH the questions with the answers. Follow the example.

Where do you
play sports?

Do you play
sports?

How often do
you play sports?

When do you go
skating?

A

On
Saturdays

B

Three
times a
week

C

Yes, I do.
I love
them

D

In the
park