

INSTITUCIÓN EDUCATIVA LASTENIA REJAS DE CASTAÑÓN

FULL NAME :

GRADE AND SECTION:

Let's Change Our Lifestyle

TEACHER	GREY MARIÑO	LEVEL A1	DATE: FROM OCTOBER 25TH TO OCTOBER 29TH, 2021
TITLE	LET'S CHANGE OUR LIFESTYLE - RETO 2-		
COMPETENCE	COMPRENDE DIVERSOS TIPOS DE TEXTO COMO LENGUA EXTRANJERA .		
CRITERIA TO ASSESS	Infiere e interpreta información de textos con recomendaciones para promover actividades físicas y buenos hábitos de alimentación en tiempos de pandemia.		
EVIDENCE	Texto en inglés que promueve la práctica de actividades físicas y estilos de vida saludables en los jóvenes de la I.E. Lastenia Rejas		
PURPOSE TO ASSESS	COMPRENDE DIVERSOS TIPOS DE TEXTO COMO LENGUA EXTRANJERA .		

1. Look at the chart and answer the questions.

1. What is the chart about?

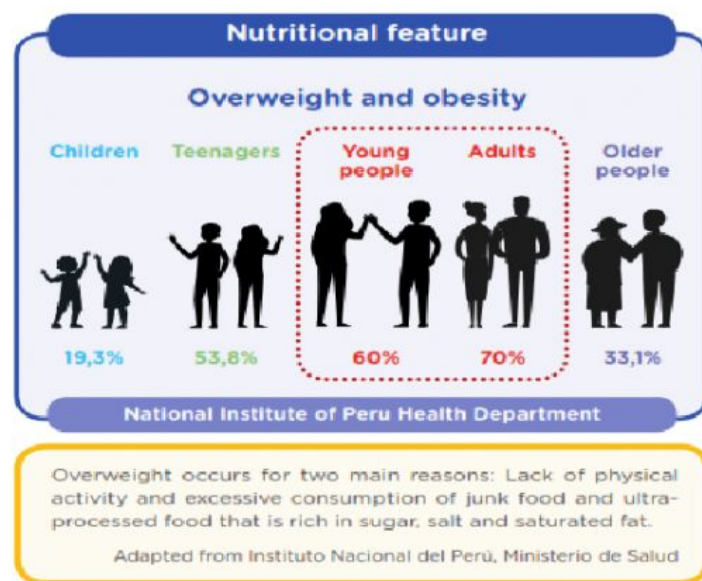
- a. Diabetes ☐
- b. Overweight and obesity ☐

2. What causes overweight and obesity?

- a. Ultra-processed food ☐
- b. Lack of exercise ☐
- c. Good eating habits ☐

3. Which group is most overweight or obese?

- a. Children ☐
- b. Teenagers ☐
- c. Adults ☐



2. Classify the eating habits.



I love junk food.
I always eat it.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS



I eat fruits every day.



I like vegetables.
Sweet potatoes are my favorite.



I don't drink water,
but I drink sodas every day.

LET'S PRACTISE!

LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

Sayri made a questionnaire to find out about peoples' eating habits. Listen to the interview.

A. Listen and tick "✓" the answer.

The questionnaire is about:

Food choices

Sports

☐
☐

B. Listen and complete the questionnaire form

QUESTIONNAIRE FORM

Name: **Edgardo**

1. Age: _____

2. Eat vegetables? Yes

3. How often eat vegetables? _____

4. Eat fruit? _____

5. How often eat fruit? _____

Done by Sayri

PRACTISE-EXERCISE 2

1. Use the key words in the box to **write** complete questions.

A

Do you eat vegetables?

Yes, I like veggies!



B

How often eat vegetables?

I eat veggies **every day**.



C

eat fruit?

Yes, I do.

D

do you eat fruit?

I eat fruit **three times a day**.



3

NOTEMOS ALGO:

1. Do you eat veggies?

Yes, I do.

2. What do you usually eat?

I usually eat vegetable salads.

¿Cuál de las dos preguntas obtiene una información específica?

PRACTISE-EXERCISE 3

Use the key words in the box to **write** questions.



A. How often do you eat veggies?

I eat veggies every day.



B. _____ do you _____ biking?

In the mornings.



C. _____ do you _____ sports?

In the park.



D. _____ you _____ fruit?

Yes, I do.



E. _____ sports _____ you play?

I go running.



F. _____ you _____ running?

No, I don't.



1. ¿Puedo comprender información específica en un texto sencillo que escucho en inglés?

SÍ - NO

2. ¿Puedo reconocer las acciones que realiza una persona en un texto sencillo en inglés apoyándome con imágenes?

SÍ - NO