Let's change our lifestyle (Cambiemos nuestro estilo de vida)

Activity 2 : Healthy activities (Actividades saludables)

Competencia: Escribe diversos tipos de textos escritos en inglés como lengua extranjera.

Propósito: Comprender información específica de textos en inglés sobre promover actividades físicas y estilos saludables de vida, a fin de elaborar un texto en inglés con las recomendaciones pertinentes para la situación.

FULL NAME: ..... **DATE:** .....

Activity 3: Healthy Activities

LEAD IN

1. Look at the pictures and **tick** " ✓ " all the people who have healthy lifestyle.

a. ☐

b. ☐

c. ☐

a. ☐

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b.

c.

LET'S LISTEN AND READ

Look at the WHO recommendations to stay healthy during the pandemic.

A Staying physically active

1. Stay active. Do exercise at home.
2. Try exercise classes online.
3. Dance to music.
4. Take healthy walks.
5. Walk up and down the stairs.
6. Do some stretching exercises.

B Eating healthy

1. Eat moderate amounts of fats and oils.
2. Drink enough water. Drink 8 glasses of water every day.
3. Limit sugar diet.
4. Eat a variety of food.
5. Eat fruits and vegetables.

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LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Look at the people and **identify** their problem.

Part. A. Which WHO recommendations each person needs A or B?

Part. B. at María and Dante's information chart and find out who has a healthy or unhealthy lifestyle.

QUESTIONS	María (13)	Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

María has _____

Dante has _____

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UNDERSTAND-EXERCISE 2

Part. A

Who needs a change his/her lifestyle?

MARÍA

DANTE

Part. B. Complete the recommendations with the missing information.

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3)_____ exercise at home.

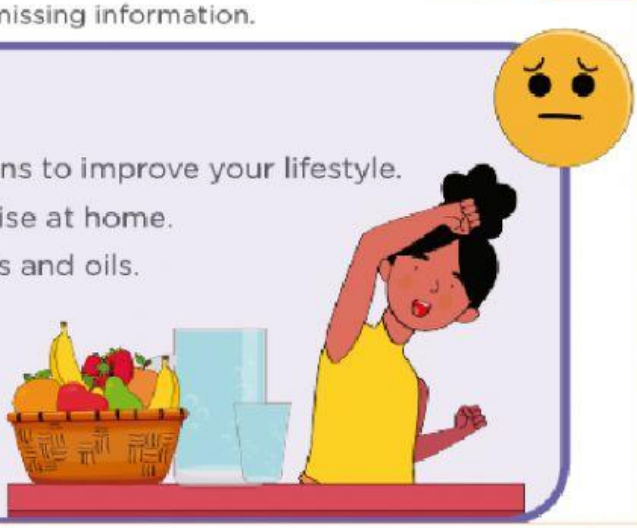
(4) _____moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____three times a week.

(3) You _____fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy

Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas sobre lo que puedes hacer en inglés.

1. ¿Puedo completar información simple en inglés, siguiendo un modelo?

SÍ - NO

2. ¿Puedo escribir palabras y frases simples en inglés?

SÍ - NO

LIVEWORKSHEETS