

LET'S CHANGE OUR LIFESTYLE!

Healthy activities  
SITUACIÓN SIGNIFICATIVA

En nuestra comunidad se evidencia altos índices de obesidad y vulnerabilidad de las personas frente al COVID-19, por ello se ha iniciado la campaña "Be active", con nuevos estilos de vida en cuanto a la alimentación y las actividades físicas. Se ha convocado tu apoyo para preguntar a otros adolescentes como tú sobre sus estilos de vida. ¿Qué preguntas realizarías a las personas de tu entorno más cercano para conocer sus estilos de alimentación y práctica de actividades físicas? ¿Qué instrumento utilizarías para recoger esta información? ¿Qué recomendaciones brindadas por la OMS compartirías a las personas que desean cambiar sus estilos de vida y proteger su salud?

COMPETENCE	CAPACIDAD	PURPOSE (Propósito de aprendizaje)	EVIDENCE (evidencia a enviar)
Lee diversos tipos de textos en inglés como lengua extranjera.	• Obtiene información del texto escrito para identificar hábitos y formas de alimentación saludables para la salud y completar un texto final.	• Deducer el significado diferentes expresiones relacionadas a hábitos y formas de alimentación saludables dentro de un texto	<b>WORKSHEET</b>

1. Select Look the pictures and **select** all the healthy activities.

A



a.



b.



c.

B



a.



b.



c.

2. Number **ORDER** the questionnaire

- 1 Hello I'm Nicol. Can I ask you some questions?
- 2 Of course!
- \_\_\_\_\_ Yes, I do. I love eating carrots and spinach
- \_\_\_\_\_ No, I don't. I can't stand bananas and other kind fruit.
- \_\_\_\_\_ How often do you eat vegetables?
- 6 I'm 15 years old.
- \_\_\_\_\_ What's your name?
- \_\_\_\_\_ Do you eat vegetables?
- \_\_\_\_\_ How old are you?
- \_\_\_\_\_ It sounds you don't have a very healthy habits- Thanks for your answers
- 11 Do you eat fruit?
- \_\_\_\_\_ My name is Sofia.
- \_\_\_\_\_ I eat vegetables three times a week.

3. Complete

COMPLETE the infographic according to the pictures

## LET'S LISTEN AND READ

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

Stay active. Do exercise at home

Limit sugar diet

Do some stretching exercises

Drink enough water. Drink 8 glasses of water every day.

Eat moderate amounts of fats and oils

Try exercise classes online

Walk up and down the stairs

Take healthy walks

A

### Staying physically active



[Blank box for label]



[Blank box for label]

3. Dance to music.



[Blank box for label]



[Blank box for label]



[Blank box for label]

B

### Eating healthy



[Blank box for label]



[Blank box for label]



[Blank box for label]

4. Eat a variety of food.



5. Eat fruits and vegetables.

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

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

Eat (2)

Try

Stay

Eat (1)

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



fats and oils

eat

Dante

biking



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



1. ¿Puedo completar información simple en inglés, siguiendo un modelo?  
Sí - NO

2. ¿Puedo escribir palabras y frases simples en inglés?  
Sí - NO