



## Let's Change Our Lifestyle

### Activity 01: Healthy Lifestyle

NOMBRE:

#### THE CHALLENGE

La Organización Mundial de la Salud (OMS o World Health Organization, WHO) promueve la campaña “Healthy at home”, para que la gente mejore sus hábitos durante el periodo de confinamiento. La falta de actividad física y una inadecuada alimentación pueden causar diversas enfermedades, como obesidad, diabetes, cáncer, entre otras. Por ello, el propósito de esta campaña es crear conciencia sobre la importancia de realizar actividades físicas y tener hábitos alimenticios saludables, #HealthyAtHome.

**Tu reto:** Elaborar recomendaciones en inglés para promover la actividad física y los buenos hábitos alimenticios de otros adolescentes como tú a partir de la información obtenida en un cuestionario.

#### LET'S OBSERVE

1. Look at the pictures. Draw a  for a healthy lifestyle choice and a  for an unhealthy lifestyle choice.

Example	1	2	3	4	5
					
I play online games all day. 	I never exercise. 	I go running twice a week. 	I don't play sports. 	I usually go biking. 	I go walking three times a week. 

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

Healthy lifestyle	Unhealthy lifestyle
 <hr/> <hr/> <hr/>	 <p>I play online games all day.</p> <hr/> <hr/> <hr/>



### 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.

**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

**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



PERÚ

Ministerio  
de Educación

# “Un Carolino, Un Caballero”



APRENDO  
en casa

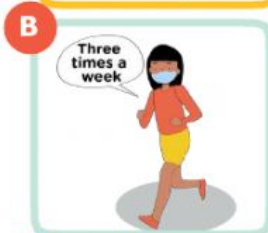
**UNDERSTAND EXERCISE 3:** Match the questions with the answers. Follow the example.

**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?

