



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez Carrión

I.E. San Nicolás
Huamachuco

APRENDO
en casa



ENGLISH: Level A1 - WEEK 30

EXPERIENCE 08

“LET'S CHANGE OUR LIFESTYLE”

ACTIVITY 03

HEALTHY ACTIVITIES

LEAD IN!

Look at the pictures and tick “✓” all the people who have healthy lifestyle.

A



What physical activities
do you like?



a.



b.



c.

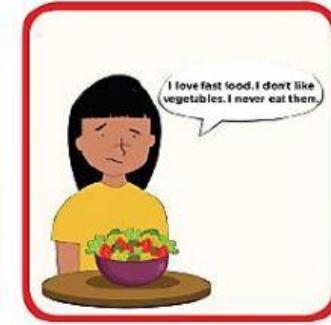
B



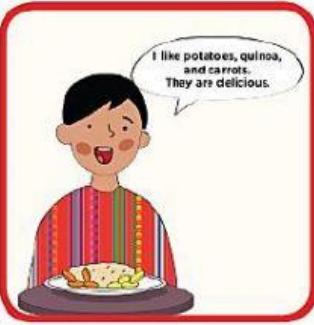
What do you like to eat?



a.



b.



c.



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez Carrión

I.E. San Nicolás
Huamachuco

APRENDO
en casa



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.



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

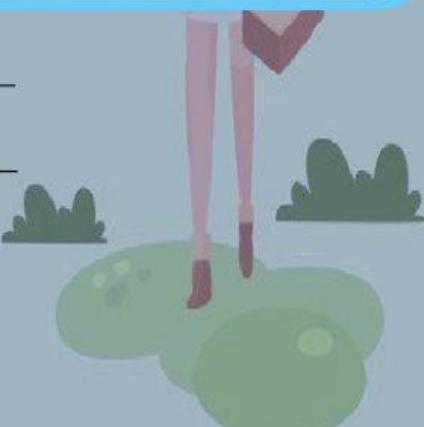
LET'S UNDERSTAND!

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 _____





PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez Carrión

I.E. San Nicolás
Huamachuco

APRENDO
en casa



Exercise 2 Who needs a change his/her lifestyle?

Part. A. **PUT** a check “✓” in the correct box.



Part. B. **COMPLETE** the recommendations with the missing information.

Dear friend, (1) Maria

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