

ENGLISH: Level A1 - WEEK 30**EXPERIENCE 08****ACTIVITY 03****"LET'S CHANGE
OUR LIFESTYLE"****HEALTHY
ACTIVITIES****LEAD IN!**

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

A

What physical activities
do you like?



I tried online exercising
and I liked it!

a.

☐

I dance to music for a few
minutes every day!

b.

☐

I don't do exercises!
I have gained some weight.

c.

☐**B**

What do you like to eat?



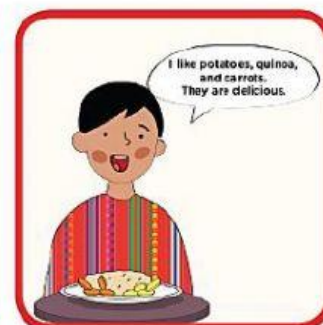
I enjoy eating fruits.
I eat apples, grapefruits,
and oranges every day.

a.

☐

I love fast food. I don't like
vegetables. I never eat them.

b.

☐

I like potatoes, quinoa,
and carrots.
They are delicious.

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!

Exercise 1 LOOK AT the people and IDENTIFY their problem.**Part. A.** Which WHO recommendations each person needs A or B?

I don't like quinoa.
I love sweets.

1 A

I hate sports, but
I like fast food.

2



I eat a lot of chocolates.
Vegetables? No, no, thanks.

3

I don't like any sport.

4

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 _____

Exercise 2 Who needs a change his/her lifestyle?**Part. A.** PUT a check "✓" in the correct box.☐

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