

LET'S CHANGE OUR LIFESTYLE!

COMPETENCIA:

Lee y 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.

CHALLENGE:

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.

@Mrs.Jessica.Carhuavilca



STUDENT'S NAME: _____ CLASS: _____

TEACHER'S NAME: _____ DATE: _____

Activity 3: 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!

I dance to music for a few minutes every day!

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

B

What do you like to eat?

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

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

I like potatoes, quinos and carrots. They are delicious!

LET'S LISTEN AND READ!



<https://youtu.be/5C5EIQgZcMc>



Adaptado de: <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>



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

A Staying physically active

- Stay active. Do exercise at home.
- Try exercise classes online.
- Dance to music.
- Take healthy walks.
- Walk up and down the stairs.
- Do some stretching exercises.

B Eating healthy

- Eat moderate amounts of fats and oils.
- Drink enough water. Drink 8 glasses of water every day.
- Limit sugar diet.
- Eat a variety of food.
- Eat fruits and vegetables.





LET'S UNDERSTAND!

EXERCISE 1

Look at the people and identify their problem.

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

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

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

Maria has _____

Dante has _____

EXERCISE 2

A. Who needs to change his/her lifestyle?



_____ needs to change _____ lifestyle.

What are Sairy and Mateo's recommendations for Maria and Dante?

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

Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas más. ¿Los puedes hacer?

@Mrs.Jessica.Carhuavilca



What to Do?	SI	NO
1 ¿Puedo completar información simple en inglés, siguiendo un modelo?		
2 ¿Puedo escribir palabras y frases simples en inglés?		

WHAT ABOUT YOU?

What can you recommend to  **María** ?
