I.E. 7080 "JORGE BERNALES SALAS"

NAME:.....

.....



GRADE: .....SECTION: .....

Miss: Ruth Gómez Camacho

Healthy Lifestyle

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.

Sairy: When do you go biking?

George: Most of the time I go in the afternoon.

Sairy: 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.

LIVEWORKSHEETS

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

LIVEWORKSHEETS