Name and last name: _____Grade and section: _____

EESPPA

LE 8: LET'S CHANGE OUR LIFESTYLE

Summary Learning Experience





Listening part

1. Watch the video about two interviews.

LIVEWORKSHEETS

2. Drag the rectangles to complete the chart.

every day | plays online games | in the park | every day

on her cell phone | in the afternoon | in her free time

QUESTIONS	 George	 Susan
ACTIVITY	goes biking	
FREQUENCY		
WHERE		
WHEN		

3. Listen to the interview and do the exercises.



4. Select the best option to answer the questions.

1. Name:	Edgardo	Eduardo
2. Age:	Sixteen	Fifteen
3. How often eat vegetables?	once a day	every day
64 How often eat fruit?	Three times a day	two times a day

5. Listen to the audios and match them with the words and their pictures.

weight



walk up and down



stretching



WHO





Reading part

6. Read the infographic and answer the questions.

Tips to get a Healthy lifestyle



1 FRUITS AND VEGETABLES

You should eat more fruits and vegetables.



EXERCISES 2

You should do exercises every day



WATER 3

You should drink eight glasses of water during the day.



4 FAST FOOD

You shouldn't eat fast food every day.



5 ALCOHOL AND CIGARETTES

You shouldn't smoke and drink alcohol.



6 REST

You should sleep 8 hours.



Source: www.who.org | Elaborated by: Yamileth Rosas

7. Select the best options to complete the sentences.

You shouldn't drink _____.

You _____ eat roast chicken.

You _____ stay wake up 8 hours.

8. Select the best option to give a good advice.





He should drink a glass of water

He should play video games.

He shouldn't run so fast.

He should sleep early.

9. Are these sentences true or false? Tick the boxes.

Sentences	True	False
To get a healthy lifestyle you should exercise regularly and have a healthy diet.		
It's a bad tip to sleep 8 hours a day.		
You should eat pizza, hamburgers, candies and drink soda five times a week.		
You shouldn't eat vegetables and fruits once a month.		



Writing part

10. Label the pictures with the WHO recommendations:

Dance to music

Limit sugar diet

Eat a variety of vegetables and fruits

Try exercise classes online

Tips for maintaining a healthy diet:

Tips for maintaining a good share:









11. Write a paragraph giving recommendations to have a healthy lifestyle.

Dear, _____

You have to follow WHO recommendations to improve your lifestyle.

_____

_____

_____

_____.

All the bad habits cause illness.

Take care,

_____

LIVEWORKSHEETS