WEEK 33

Healthy Activities

Name: _____Grade /Section : _____

Reflection:

"My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One." 1 John 2:1

Who is the lawyer in the judgment?

a. anybody
b. Jesus Christ
c. *The father*

1. Goals for the class:

1. Listen and read about make recommendation about staying physically active and eating healthy
2. Make recommendation how to have healty life style using imperative form.

2. Look at the pictures and tick "✓" all the life style activities

I like online exercising and like it.	I love dancing and it is fun.	I enjoy running and it is active.
		
I don´t like exercising, it is bored.	I hate eating vegetables and fruits.	I love eating vegetables but I hate eating junk food.
		

Do you like _____?
Love __
enjoy __

Yes, I do. I like__
love __
enjoy __

No, I don´t. I hate____ing ...
No, I don´t. I don´t like ____ing...

3. Listen and Read

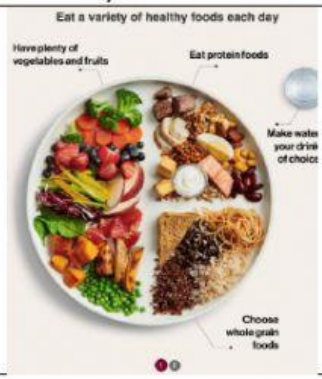
Look at the **WHO** (World Health Organization) recommendations to stay healthy during the pandemic.

STAYING PHYSICALLY ACTIVE

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

LIVEWORKSHEETS

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**	**Ovoid sugar and saturated fat**
		

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

	 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

Ask your partner: Who has healthy life style and who has unhealthy life style? Why?

_____ _____ has healthy life style because _____

_____ _____ has unhealthy life style because _____

5. Make recommendation a to Maria and Dante

stay – do – eat (2)

Dear friend, (1) _____
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,
_____



LIVEWORKSHEETS



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!
_____

biking - eat - processed food

SELF-EVALUATION	YES	NO
I am able to understand about how to make recommendation to be healthy life style.		
I am able to make reccomendation how to have healthy life style, use imperative forms.		

LIVEWORKSHEETS