



Date:
Topic:

Is that Healthy?



1 Complete the survey. Write in your notebook the results.

Republic of Colombia School

Always Sometimes Hardly ever

In the morning

1. Do you have breakfast?
2. Do you have a shower and brush your teeth?
3. Do you have a fruit snack?

In the afternoon

4. Do you watch TV for less than one hour a day?
5. Do you drink a lot of water?
6. Do you do exercise?

In the evening

7. Do you eat vegetables?
8. Do you share time with your family?
9. Do you sleep seven or eight hours per day?

Understand your results!

7-9 always

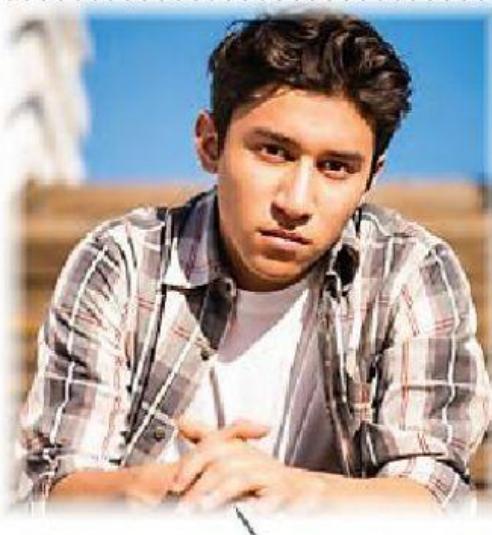
You have a healthy routine.

3-6 sometimes

Your routine is not so balanced.

5-7 hardly ever

It's time to make a change! You're not healthy!



I have a healthy routine. In the morning, I always have breakfast, I have a shower and I ...

2 Read the information about Luz and Ramiro routines. In your notebook, write in blue char the healthy activities and in red char the unhealthy ones



Luz is a student from Ráquira, Boyacá. She brushes her teeth three times a day. She likes to drink water. On Fridays, she sometimes watches four hours of TV. She likes to eat hot dogs and burgers with her brothers. On Saturdays and Sundays, she usually plays sports.



Ramiro's a student from Medellín. He always eats burgers or pizza, but he likes to eat fruit as a snack. He sometimes goes swimming and runs in the park. He plays video games on Sundays, sometimes all morning.

3 Describe each picture and say which activities are very good or not so good for you body.



4 Write in your notebook which activities in exercise 3 you do.

I **always** go swimming on holiday. It's **really good** for me.

I **never** go swimming. I don't like it. It **isn't so good** for me.

In my group, Carla **has a healthy routine**. She likes to ... and ...



I **sometimes** eat a burger on Saturdays. It **isn't so good** for me.

Yes. And she's ... it's ... for your body.

He's **swimming**. It's **very good** for your body!



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5 Planning activities for this year. Write the activities that you can do in the month of the year

2020											
JANUARY			FEBRUARY			MARCH			APRIL		
S	M	T	W	T	F	S	M	T	W	T	F
1	2	3	4	5	6	7	1	2	3	4	5
8	9	10	11	12	13	14	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23
29	30	31					26	27	28	29	30
MAY			JUNE			JULY			AUGUST		
S	M	T	W	T	F	S	M	T	W	T	F
1	2	3	4	5	6	7	1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22
28	29	30	31				25	26	27	28	29
SEPTEMBER			OCTOBER			NOVEMBER			DECEMBER		
S	M	T	W	T	F	S	M	T	W	T	F
1	2	3	4	5	6	7	1	2	3	4	5
8	9	10	11	12	13	14	8	9	10	11	12
15	16	17	18	19	20	21	15	16	17	18	19
22	23	24	25	26	27	28	22	23	24	25	26
29	30	31					29	30	31		

In June, we can have a healthy picnic.

In May, we have Mother's Day.

We have lots of fun activities this year.



Our final class is on 11 November.