



Date:
Topic:

The Healthy Day



1 Read the report about the routines of Colombian students. Complete the diagram. Then, write in your notebook

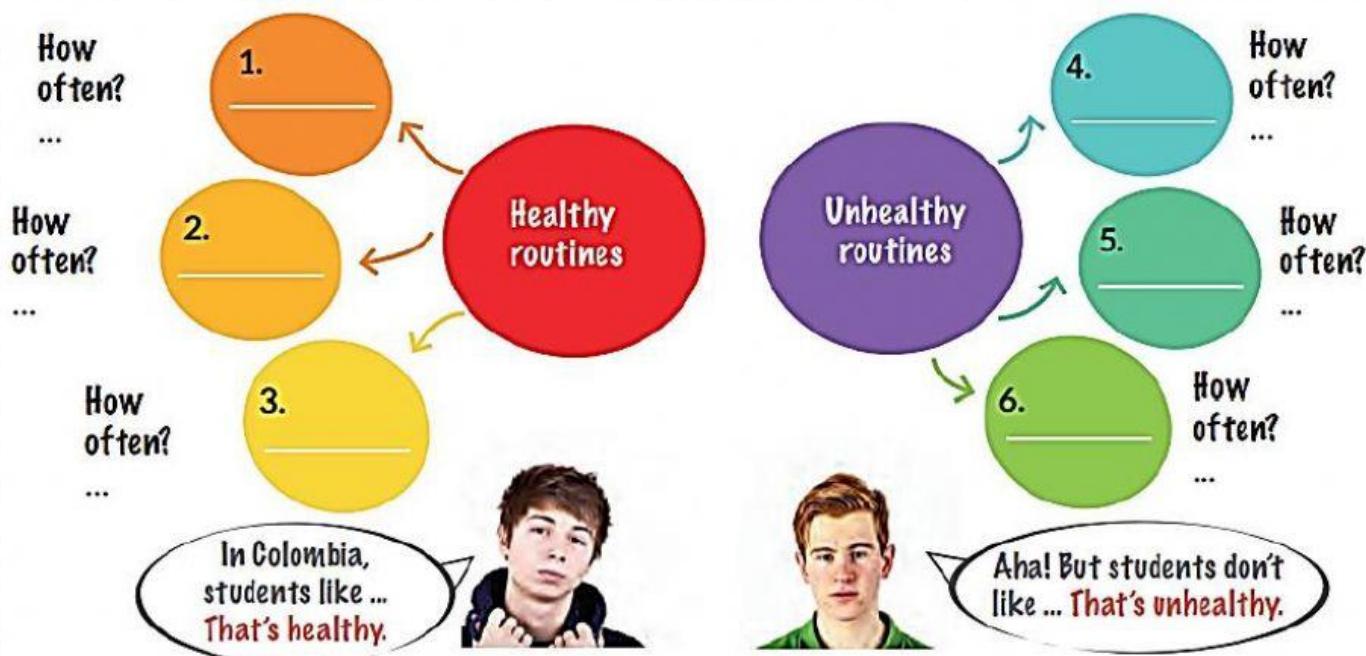
Today, March 6th, throughout the World Workers' Unemployed Demonstrations Will Take Place, Workers, Down Tools, Strike! Jubilee and Employed Workers, Mobilize to Demand "Work or Wages!"

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The results of the study of our students' routines by The National Ministry of Education are very interesting. A lot of our students don't exercise enough. Our elementary school students exercise three times a week in the break, but the high school students don't exercise in the break, they often eat snacks and talk. Students don't drink enough water. They drink fizzy drinks about four times a week at school. At home, the situation is different. Students drink juice or water six times a week. This is much better. Most students go to bed late two times a week, this makes them go to school feeling tired. Students like to wash their hands before lunch every day. As we can see, these results are important. We have to start promoting healthy habits in ALL our Colombian students.





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2 Use the information to describe the routine of a Colombian student.

Ramiro is from Bogotá

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Watch TV	✓ in the afternoon	✓ in the afternoon			✓ in the afternoon	✓ in the morning	✓ in the morning
Brush teeth	✓ 3 times	✓ 3 times	✓ 3 times				
Drink water						✓ 2 times	✓ 3 times
Play video games					✓ in the evening		✓ all day
Do sports			✓ in the afternoon		✓ in the evening		✓ in the morning
Chat with friends		✓ in the afternoon		✓ in the afternoon		✓ at night	



Ramiro sometimes
watches TV in the
afternoons, he
always brushes his
teeth three times
a day. He ...



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3 Think about ideas to start healthy routines at school and at home.

Make a list and show it to your class.

Write in your notebook.

Final task
activity!

At home...

I can drink a glass of water.
I can use the stairs.

At school...

I can play a different sport in the break.
I can...

4 Read the next information

Hey! My name's Arturo and I'm a student in sixth grade at Bosa's La Estancia School. In our school, we have a project called the Healthy Week. It consists of some simple activities to promote healthy habits. At the beginning, we make a list of what we think the unhealthy habits are in our school. There are usually lots of habits, but we make a top five and then we choose a week of the year to do the activities. For example, this year we have the healthy week in October because during Halloween, students don't eat healthily. Everybody in the community can take part in the project, because we are all responsible for our health. We have a campaign to promote healthy habits. We have to promote them and explain them in each classroom during that week. The idea is to improve people's habits. Sometimes it's difficult. It's hard for people to change their unhealthy habits in a short time, and it's just one week in the year, people forget about the campaigns. In conclusion, it's a very interesting activity in our school. Do you like it?



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5 Choose the correct answers, a, b or c.

1. What's the name of the project?	a. The Healthy Project b. The Healthy Week c. The Healthy School
2. What do students do at the beginning of the project?	a. Make a list of unhealthy habits b. Speak to friends about unhealthy habits c. Stop unhealthy habits
3. Who participates in the project?	a. Students and teachers b. Teachers and parents c. Students, parents and teachers
4. What activities do they have in the project?	a. Change healthy habits b. Promote healthy habits c. Explain healthy habits
5. Does the project work?	a. Yes, with no problems b. Yes, with some problems c. No, with many problems



6 In the next class, you must have a text in the notebook and expose it with the following parameters:

Say your routine on Wednesdays, Fridays and Sundays before the pandemic. Three different hours of the day should be mentioned. You should also mention 2 healthy habits and 1 unhealthy habit. Lastly, you should mention the time that hour is.

For example:

I on Wednesday morning, at 7:00 a.m. I exercise in the park.

In the afternoon, at 5:00 p.m. I go to the library to read various books. At night, at 10:00 p.m., I eat fast food.

I on Friday...

Decir tu rutina de los días miércoles, viernes y domingos antes de la pandemia. Se debe de mencionar tres distintas horas del día. También debe de mencionar 2 hábitos saludables y 1 hábito no saludable. Por ultimo, debe de mencionar el tiempo en el que se encuentra esa hora.

Por ejemplo:

Yo el día miércoles, en las mañanas, a las 7:00 a.m. hago ejercicio en el parque. En la tarde, a las 5:00 p.m. voy a la biblioteca a leer varios libros. En la noche, a las 10:00 p.m., me alimento con comida rápida.