

## LET'S CHANGE OUR LIFESTYLE

### GLOSARY

INGLÉS	CASTELLANO
1. free time	tiempo libre
2. go biking	montar bicicleta
3. healthy	saludable
4. how often...?	¿cuán frecuentemente...?
5. junk food	comida chatarra
6. lack of	falta de, carencia de
7. lifestyle	estilo de vida
8. neighborhood	vecindario
9. overweight	pasado de peso
10. promote	promover
11. questionnaire	cuestionario
12. stay hydrated	mantente hidratado
13. unhealthy	no saludable
14. walks	caminatas
15. work out	entrenar en gimnasio



**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.

**Sayri:** When do you go biking?

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

**Sayri:** 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.





## LET'S UNDERSTAND!

### UNDERSTAND-EXERCISE 1

Write "G" for George or "S" for Susan. Follow the example.

**Example:** He/She has a healthy lifestyle.

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.

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### 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



### EXERCISE 3

MATCH WITH A NUMBER IN THE BOX THE QUESTIONS WITH EACH ACTIVITY.

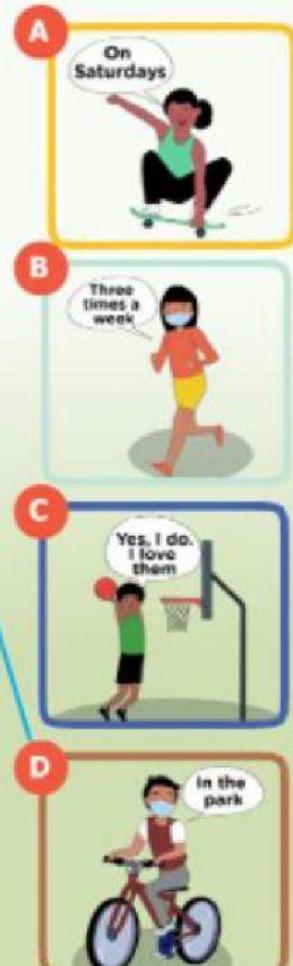
Example:

1. Where do you play sports?

2. Do you play sports?

3. How often do you play sports?

4. When do you go skating?



**A**  On Saturdays

**B**  Three times a week

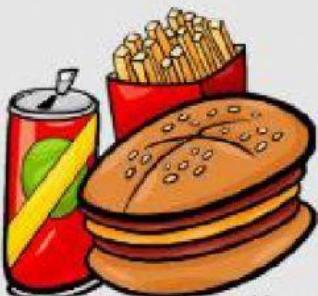
**C**  Yes, I do. I love them

**D**  In the park



EXERCISE 4

**READ THE TEXT CAREFULLY AND ANSWER THE FOLLOWING QUESTIONS**



Doctors tell us to eat more fruits and more vegetables. They tell us to drink more water and less fizzy drinks. But do we listen?? No, we continue to eat lots of junk food like pizza, sweets, chips, cakes and biscuits.

We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body. Unhealthy food makes your body unhealthy. When you get older you start to have a lot of problems like heart diseases. We only think that burgers taste better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French Fries and fizzy drinks may be delicious but they haven't got enough vitamins and minerals. Your body needs vitamins and minerals to grow healthy. Healthy food gives our body the vitamins and the minerals it needs.

People eat junk food because it is tasty but everybody can have a tasty meal at home. The only problem is that buying fresh products and cooking takes time. And people prefer to spend time doing other activities such as watching films, meeting friends, walking in parks and so on. I also like to do these activities but I am very careful of my body. If you want to be healthy, you should eat healthy food every day!!



**1. Why do people eat junk food?**

- A** It is because junk food is good for health.
- B** It is because junk food is easy to cook.
- C** It is because junk food is really delicious to eat.

**2. What will happen if you eat junk food often?**

- A** It enables us to maintain a healthy lifestyle.
- B** It makes our body unhealthy.
- C** It helps to boost energy level in our body.
- D** It helps our blood circulation to function efficiently.

**3. What does your body need to grow healthy?**

- A** Fat molecule
- B** Starch molecule
- C** Vitamins and minerals
- D** Cholesterol

**4. What should you do if you want to be healthy?**

- A** I should avoid doing exercises.
- B** I should eat a lot of junk food daily to be healthy.
- C** I should practise eating healthy food like fruits and salad.
- D** I should eat healthy food like pizza, burger and French fries.

**5. What activities do people like to do?**

- A** Watching films, meeting friends and walking in parks
- B** Doing gymnasium and aerobics at the recreational park.
- C** Sleeping the whole night and playing with gadgets every day.

**6. People buy fast food because cooking will take time.**

- A** True
- B** False

