



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL

Sánchez Carrión

I.E. San Nicolás
Huamachuco



English

Level A1

Week 10

Learning Experience
"Let's change our lifestyle...!"

3

Activity 1
Healthy lifestyle!

LET'S LISTEN AND READ!

Exercise 1 LISTEN TO and READ the conversations.

Sayri and Mateo want to promote healthy lifestyles in their communities, so they decided to ask people questions about what they do in their free time.



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.





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LET'S UNDERSTAND

Exercise 2 Choose True or False.

1. George has a healthy lifestyle.
2. Susan plays online games.
3. Susan has an unhealthy lifestyle.
4. She is 14 years old.
5. He goes biking.

Exercise 3 COMPLETE the chart using the information from the conversation.

Questions	George	Susan
ACTIVITY	biking	
FREQUENCY		
WHERE		
WHEN		In her free time



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Exercise 4

MATCH the questions with the answers. Follow the example.

Where do you
play sports?

Do you play
sports?

How often do
you play sports?

When do you go
skating?

A

On
Saturdays



B

Three
times a
week



C

Yes, I do.
I love
them



D

In the
park

