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 whatyou 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.
Sairy: When do you go biking?
George: Most of the time I go in the afternoon.
Sairy: Congratulations, George. Biking is a healthy habit.



Mateo: Hello, my name is Mateo. Can I askyou some questions about what you do inyour 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 liketo do in your free time?
Susan: I don't play sports. I think they areboring and dangerous.
Mateo: Really? So, what do you like to do inyour free time?
Susan: Well, I like playing online games.
Mateo: OK. So, how often do you play onlinegames?
Susan: Every day. To be honest, sometimesI play almost all day.
Mateo: Where do you play them?
Susan: On my cell phone.
Mateo: Wow! Susan, that's a lot screen time.
Susan: I know. Maybe I need to think about changing my lifestyle.





LIVEWORKSHEETS

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

LIVEWORKSHEETS

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



B



C



D



LIVEWORKSHEETS