



## DESARROLLO DE ACTIVIDADES



### Let's change our lifestyle

#### GLOSSARY



#### INGLÉS

1. free time

2. go biking

3. healthy

4. how often...?

5. junk food

6. lack of

7. lifestyle

8. neighborhood

9. overweight

10. promote

11. questionnaire

12. stay hydrated

13. unhealthy

14. walks

15. work out

#### CASTELLANO

tiempo libre

montar bicicleta

saludable

¿cuán frecuentemente...?

comida chatarra

falta de, carencia de

estilo de vida

vecindario

pasado de peso

promover

cuestionario

mantente hidratado

no saludable

caminatas

entrenar en gimnasio



## Activity 1: Healthy Lifestyle

### LET'S OBSERVE!

1. Look at the pictures. Draw a  for a healthy lifestyle choice and a  for an unhealthy lifestyle choice.

Example



I play online games all day.

3.



I don't play sports.

1.



I never exercise.

4.



I usually go biking.

2.



I go running twice a week.

5.



I go walking three times a week.

Now, write three healthy sentences and three unhealthy sentences.

|   |   |
|---|---|
|  | <p><b>Healthy lifestyle</b></p> <hr/> <hr/> <hr/>   |
|  | <p><b>Unhealthy lifestyle</b></p> <hr/> <hr/> <hr/> |

**I play online games all day.**

## LET'S LISTEN AND READ!

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.



**EXERCISE:** On a separate sheet write one of the two dialogues presented with your own case.

## THE CHALLENGE

### UNDERSTAND-EXERCISE 3

Match the questions with the answers. Follow the example.

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?

