

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the pictures and complete the sentences with a verb from the box. Follow the example:

Example:



MENTAL HEALTH



L _____ NEW
THINGS



H _____ F _____



_____ HEALTHY



C _____ WITH FRIENDS

READ

Read two texts. Text A is a 'Mental health quiz' and Text B is conversation at a hospital.

TEXT A

Mental Health Quiz

Answer the following questions about your mental health and check the recommendations at the end of the quiz.

1. How often do you exercise?
a) Regularly
b) Sometimes
c) Never

2. How often do you eat fruits and vegetables?
a) Regularly
b) Sometimes
c) Never

3. How often do you sleep between 8 and 10 hours per night?
a) Regularly
b) Sometimes
c) Never

4. How often do you feel happy?
a) Regularly
b) Sometimes
c) Never



If your answers were:

Mostly a: Good job! You should continue with your habits.

Mostly b: Almost there! You should sleep between 8 and 10 hours a night. Remember you should exercise, eat fruits and vegetables and do activities that you like more often.

Mostly c: You are not alone! You should talk to your parents or someone you trust. He or she can help you. Remember, you shouldn't feel sad all the time.

TEXT B

At the hospital

Franco: I feel tired all the time and I often feel grumpy in the mornings.

Doctor: Ok, let me ask you some questions first.

Franco: Sure.

Doctor: How often do you eat fruits and vegetables?

Franco: I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

Doctor: How often do you use your cell phone?

Franco: I am always on my cell phone. I need it to contact my friends and do my homework.

Doctor: How often do you drink soda?

Franco: I drink soda regularly. I love it.

Doctor: Last question. How often do you help others?

Franco: I hardly ever have time to help others. I'm too busy with school work!

Doctor: Here are my recommendations for you. First, you shouldn't eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.



LOOK!

More frequently = “**more often**”

Less frequently = “**less often**”



LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Complete the following sentences about the texts you just read with the words in the box. Follow the example:

do activities we like - 8 hours - meat and rice - help others - some habits
the end - tired all the time - instead of soda

Example:

The recommendations about the mental health quiz are at **the end** of the quiz.

1. According to the recommendations after the mental health quiz, we shouldn't sleep less than **8 hours** night.
2. According to the recommendations after the mental health quiz, we should eat fruits and vegetables, exercise and **do activities we like** to be healthy.
3. If you got mostly C's on the mental health quiz, you should change **some habits**.
4. Franco visited a doctor because he felt **tired all the time**.
5. The doctor recommended that Franco avoid eating **meat and rice** every day.
6. The doctor suggested that Franco drink water **instead of soda**.
7. The doctor's final recommendation to Franco was to **help others**.

UNDERSTAND - EXERCISE 2

According to the interview between Franco and his doctor, how often does Franco practise the following habits? Write the correct habit for each picture and then write the correct adverb of frequency. Follow the example:



ACTION:
Eat fruits and vegetables.

FREQUENCY:
Hardly ever.



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:

LET'S PRACTISE!

¡INOTEMOS ALGO!

Lee los dos textos otra vez. Identifica al verbo modal “**should**” y su forma negativa “**shouldn’t**”
¿Para qué utilizamos este verbo? Colorea las dos opciones que mejor describa su función:

Para brindar recomendaciones

Para dar órdenes

Para dar consejos

Para obligaciones

Ahora, observa nuevamente los ejemplos de los textos y marca **verdadero** o **falso** al lado de las siguientes oraciones sobre la estructura gramatical de oraciones que contienen “**should**” o “**shouldn’t**”:

1. Despues del verbo “should” o “shouldn’t” va la palabra “to”.

¿Verdadero o falso?

2. Antes de “should” o “shouldn’t” usualmente va el sujeto.

¿Verdadero o falso?

3. Despues de “should” y “shouldn’t” va el verbo siempre en su forma original.

¿Verdadero o falso?

4. “Shouldn’t” es la abreviación de “should not”.

¿Verdadero o falso?

PRACTISE - EXERCISE 1

Rewrite the following recommendations so they are written correctly. Follow the example:

Example:

1. **Wrong** People should to eat fast food less often and eat fruit more often.

Right People **should** eat fast food less often and eat fruit more often.

2. **Wrong** Should teenagers exercise and they should watch TV less often.

Right

3. **Wrong** Older people should'not worry about their problems all the time and have fun more often.

Right

4. **Wrong** You should to learn new things and focus on the positive side of things more often.

Right