



I.E. Miguel Grau 40479 Islay - Matarani

Level A2

## Mental health\*

### GOOD ADVICES



Miss: Karla Erika Rodriguez R.

El juego  
del  
ahorcado



L \_\_\_\_\_ NEW  
THINGS



H \_\_\_\_\_ F \_\_\_\_\_

## Health activities



\_\_\_\_\_ HEALTHY



C \_\_\_\_\_  
WITH FRIENDS

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# HEALTH ACTIVITIES



**Learn new things**



**Eat healthy**



**Have fun**



**Chat with friends**

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## Mental Health Quiz



Answer the questions about your mental health

Check your answers 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

**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.

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### A Conversation

#### 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.



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## Comprehension Text



According to the recommendations after the mental health quiz, we shouldn't sleep less than \_\_\_\_\_ night.



According to the recommendations after the mental health quiz, we should eat fruits and vegetables, exercise and \_\_\_\_\_ to be healthy.



If you got mostly C's on the mental health quiz, you should change \_\_\_\_\_.



Franco visited a doctor because he felt \_\_\_\_\_.

The doctor recommended that Franco avoid eating \_\_\_\_\_ every day.



The doctor suggested that Franco drink water \_\_\_\_\_.



The doctor's final recommendation to Franco was to \_\_\_\_\_.

do activities we like

8 hours

meat and rice

help others

some habits

tired all the time

instead of soda

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# Comprehension Text

How often does Franco do the actions?

Write the correct habit and the correct adverbs



ACTION:  
Eat fruits and  
vegetables.

FREQUENCY:  
Hardly ever.



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:

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## GOOD ADVICES



### SHOULD



### SHOULDN'T



Para brindar  
recomendaciones

Para dar órdenes

Para dar consejos

Para obligaciones

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## EXERCISES

### I. Choose True or False according to the affirmations

1. Después del verbo "should" o "shouldn't" va la palabra "to".	<b>TRUE</b>	<b>FALSE</b>
2. Antes de "should" o "shouldn't" usualmente va el sujeto.	<b>TRUE</b>	<b>FALSE</b>
3. Después de "should" y "shouldn't" va el verbo siempre en su forma original.	<b>TRUE</b>	<b>FALSE</b>
4. "Shouldn't" es la abreviación de "should not".	<b>TRUE</b>	<b>FALSE</b>

### III. Check the correct advices.

1. Teenagers should go to bed earlier.	<input checked="" type="checkbox"/>
2. Teenagers should eat fast food less often.	<input type="checkbox"/>
3. Teenagers shouldn't play video games.	<input type="checkbox"/>
4. We should exercise more often.	<input type="checkbox"/>
5. Teenagers should play in their backyard.	<input type="checkbox"/>
6. Teenagers should watch TV less often.	<input type="checkbox"/>

### II. Correct the wrong sentences. Write the correct ones.

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 ☒ \_\_\_\_\_

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