



I.E Miguel Grau 40479 Islay - Matarani

Mental health*

GOOD ADVICES















HEALTH ATIVITIES



Learn new things



Eat healthy



Have fun



Chat with friends

Miss:Karla Erika Rodriguez R.





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.



Miss:Karla Erika Rodriguez R.

Comprenhention Text



According to the recommendations after the mental health quiz, we shouldn't sleep less



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





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

Comprenhention Text

How often does Franco do the actions?

Write the correct habit and the correct adverbs





FREQUENCY: Hardly ever.



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:

Miss:Karla Erika Rodriguez R.











Para brindar recomendaciones

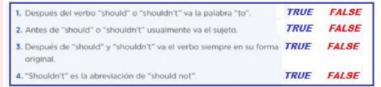
Para dar órdenes

Para dar consejos

Para obligaciones



I.Choose True or False acording to the afirmations



III.Check the correct advices.

Teenagers should go to bed earlier.	V
2. Teenagers should eat fast food less often.	
3. Teenagers shouldn't play video games.	
4. We should exercise more often.	
5. Teenagers should play in their backyard.	
6. Teenagers should watch TV less often.	

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

