PERÚ Ministerio de Educación

APRENDO en casa
Educación Secundaria

English: Level A2+

WEEK 13

Mental health*

Activity Improve our mental health

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_____N_____
T_____

H_____F _____

E _____
H _____

C _____
W_____F _____

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READ

Read two conversations about mental health.

CONVERSATION 1

Rafael and his mom

Rafael: Hey mom! I have some questions to ask you about mental health. Do you have five minutes to answer them?

Flor: Yes, of course!

Rafael: How often do you exercise?

Flor: I never exercise. I sit at my desk all day.

Rafael: How often do you eat fruits and vegetables?

Flor: I hardly ever eat fruits and vegetables. I usually eat fast food.

Rafael: How often do you think about your problems?

Flor: I always think about my problems. I worry about them all the time.

Rafael: Okay! Now, I have some recommendations to improve your mental health.

Flor: Tell me, please.

Rafael: First, **I think** you have to exercise more often. Your body needs it to be healthy. I **also think** you should eat fruits and vegetables more often and eat fast food less often. Finally, **I think** you shouldn't worry about your problems so much. It's dangerous for your health!

Flor: I think you are right, but I am going to need your help to do that.

CONVERSATION 2

Sabina goes to the Doctor

Sabina: Doctor, I feel tired all the time and I am often grumpy in the mornings.

Dr. Gomez: Ok, let me ask you some questions first.

Sabina: Sure.

Dr. Gomez: How often do you sleep between 8 and 10 hours per night?

Sabina: Only occasionally because I usually go to bed very late.

Dr. Gomez: How often do you use your cell phone?

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

Dr. Gomez: How often do you drink soda?

Sabina: I always drink soda. I love it!

Dr. Gomez: Last question. How often do you take time to help others?

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

Dr. Gomez: Here are my recommendations for you. First, you shouldn´t go to bed late. Try to sleep between 8 and 10 hours per night. In fact, all teenagers have to sleep that much to stay healthy! Also, you have to use your cell phone less often - your eyes and mind need to rest! You have to drink water more often; soda is not good for you! Finally, you should help others sometimes because it will make you feel better.

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LOOK!

More frequently = **"more often"**

Less frequently = **"less often"**

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Write the correct name based on the conversations you just read. Follow the example:

Example:

He/she has some questions for his/her mom.	Rafael
1. He/she asks his/her patient how often she helps others.	
2. He/she uses his/her cell phone all the time.	
3. He/she has some recommendations for his/her mom.	
4. He/she never exercises. He/she sits at his/her desk all day.	
5. He/she asks his/her mom how often she eats fruits and vegetables.	
6. He/she goes to the doctor because he/she feels tired and grumpy.	
7. He/she asks his/her patient if she sleeps enough hours.	
8. He/she drinks a lot of soda.	

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UNDERSTAND - EXERCISE 2

Put a check "(x)" in the correct box according to Flor and Sabina's habits.

How often does Flor...	Never	Hardly ever	Occasionally	Always
1. ... exercise?				
2. ... eat fruits and vegetables?				
3. ... think about her problems?				
How often does Sabina...	**Never**	**Hardly ever**	**Occasionally**	**Always**
4. ... sleep 8 to 10 hours?				
5. ... use her cell phone?				
6. ... help others?				

LET'S PRACTISE!

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica los verbos modales "**should**" y "**have to**" ¿Para qué utilizamos estos verbos modales? Colorea de rojo las 2 opciones que mejor describa la función de "**should**" y con azul las que describan mejor la función de "**have to**":

Dar recomendaciones	Indicar obligaciones	Dar consejos	Indicar reglas

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

1. Después del verbo "should" o "shouldn't" va la palabra "to". **¿Verdadero o falso?**
2. Antes de "should", "shouldn't" o "have to" usualmente va el sujeto. **¿Verdadero o falso?**
3. Después de "should", "shouldn't" y "have to" va el verbo siempre en su forma original. **¿Verdadero o falso?**
4. "Shouldn't" es la abreviación de "should not". **¿Verdadero o falso?**
5. La estructura de las oraciones que contienen los verbos modales "have to" y "should/shouldn't" es la misma. **¿Verdadero o falso?**

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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 ☑
2. Wrong ☒ Have to teenagers exercise and they should watch TV more 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 ☑

PRACTISE – EXERCISE 2

Match each conversation with the correct picture. One conversation is between friends and other one is between a doctor and apatient.

1. **A:** I gained a lot of weight this month! And I often have stomach aches.
   B: I think you should exercise more often. I also think you should change your diet.

2. **A:** I gained a lot of weight this month! And I often have stomach aches.
   B: You shouldn't eat fries and burgers too often. Also, it is very important to stay active. You have to exercise at least three times a week.

A

B

PRACTISE – EXERCISE 3 – Listening comprehension

Listen to the following interview with a doctor who gives some recommendations to improve our mental health. Choose the correct option: a), b) or c). You will hear the conversation twice. Number 1 is an example.

1. The doctor's first recommendation was:
   a) Teenagers should go to bed earlier.
   b) Teenagers shouldn't play video games.
   c) Teenagers should go to bed at 8:00 pm.

2. The doctor said that teenagers should sleep at least _____ hours a night.
   a) 9.
   b) 8.
   c) 10.

3. About food, the doctor said that teenagers should:
   a) Eat less fast food.
   b) Eat more fruits and vegetables.
   c) a) and b) are correct.

4. About physical activities, the doctor said we should:
   a) Stand up and stretch every 40 minutes.
   b) Run 5 kilometres every day.
   c) Play our favourite sport.

The expression **"I think you should"** is preferable between: a) or b)?

a) A person in a position of authority **b)** Afriend