



RECUPERAMOS INFORMACIÓN Y OPINAMOS SOBRE UNA ENTREVISTA ACERCA DE SALUD MENTAL

Objective:

- Today we'll get information and give opinion about a mental health interview.

Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil

Evaluation criteria list:

Read the following list and take them into consideration.

LISTENING: "INTERVIEW ABOUT MENTAL HEALTH"		YES	NO
1	Respondiste preguntas recuperando información del texto.		
2	Respondiste preguntas reconoce el propósito del diálogo.		
3	Respondiste preguntas integrando la información de distintas partes del audio.		
4	Opinaste sobre el contenido y el propósito del texto brindando 4 consejos a tus compañeros usando: Should/Shouldn't/More often/less often/so often		
5	Opinaste sobre el propósito/intención del diálogo.		

Activities:

1. **VOCABULARY:** Find the words of the list in this word-search puzzle.

MENTAL HEALTH



- ANXIETY
- DANGEROUS
- HAPPINESS
- HEALTH
- IMPROVE
- MENTAL
- PROBLEMS
- RELAX
- TIRED
- WORRY



2. CONVERSATION: Read carefully this conversation.



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.

Tomado de Aprendo en Casa Inglés A2 (week 13, p. 3)

Tick under the correct adverbs of frequency.

How often does Flor...

Never

Hardly ever

Occasionally

Always

1. ... exercise?



2. ... eat fruits and vegetables?

3. ... think about her problems?

Investigate the meaning of the expressions:

More often:

Less often:



EXAMPLES OF THE USE OF: MORE OFTEN/LESS OFTEN/SO OFTEN

- 👉 You should play videogames less often
- 👉 You should call your friends more often
- 👉 You should drink soda less often
- 👉 You shouldn't eat candies so often.
- 👉 You shouldn't argue with your parents so often.

4. VERY IMPORTANT ACTIVITY (V.I.T):

Go to the sources of 'Aprendo en Casa' English A2+ (week 13), listen to the audio and answer the following questions:



El audio también está en el grupo de WhatsApp.

QUESTIONS:

- The conversation was between:
 - a) A son and a mother.
 - b) An interviewer and a doctor.
 - c) A student and a teacher.
- 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.
- The doctor said that teenagers should sleep at least _____ hours a night.
 - a) 9.
 - b) 8.
 - c) 10.
- 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.
- 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.
- Using the information of the audio create a list of 4 recommendations to your classmates to improve mental health. (Use SHOULD/SOULDN'T and MORE OFTEN/LESS OFTEN/SO OFTEN)
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
- What is the purpose of the interview?



AUTOEVALUACIÓN: No olvides revisar los criterios de evaluación al principio de la ficha y marcar X si cumples el criterio.

METACOGNICIÓN: ¿Qué aprendiste hoy? ¿Cómo lo podrías aplicar en la vida real?

