

PRESENTING HEALTHY LIFE TIPS

ESTUDIANTE

PROPÓSITO

COMPETENCIA

Los estudiantes presentan en inglés recomendaciones orales sobre hábitos saludables, empleando el *Present Perfect Continuous*, los *Second y Third Conditionals* y conectores, para explicar causas, efectos y posibles consecuencias de sus elecciones de estilo de vida.

SE COMUNICA ORALMENTE EN IN

01

LET'S TALK HEALTHY HABITS!

A

Listen - Healthy Life Tips

Hello, my name is Cielo:

I have been walking to school every day.

If I didn't drink water, I would feel sick.

I eat fruit because it gives me energy.

B

Vocabulary - healthy habits

English	Spanish
🍏 Eating fruits and vegetables	
🚶 Walking to school	
zzz Sleeping 8 hours	
☐ Washing hands	
💧 Drinking water	
🏃 Exercising regularly	

C

Grammar practice

A: Present Perfect Continuous

Complete the sentences:

- I have been _____ (drink) water every day.
- She has been _____ (exercise) in the morning.
- They have been _____ (eat) vegetables for a week.



B: Second Conditional

Complete the sentences:

- If I didn't sleep well, I _____ tired.
- If he didn't walk every day, he _____ (be) unhealthy.
- If we ate too much junk food, we _____ (get) sick.

C: Third Conditional

Complete with your ideas:

- If I had drunk more water, I _____.
- If she had slept more, she _____.

D

Plan your healthy life tips

Use this template to prepare your oral presentation.



- Two healthy habits (use Present Perfect Continuous):
 - I have been _____.
 - I have been _____.
- One conditional sentence (Second or Third Conditional):
 - If _____, I would _____.
 - If I had _____, I would have _____.
- One sentence with a connector:
 - _____, so _____.
 - Although _____, I _____.

