

PRESENTING HEALTHY LIFE TIPS

ESTUDIANTE

PROPÓSITO

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.

COMPETENCIA

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	
💤 Sleeping 8 hours	
씻다 Washing hands	
💧 Drinking water	
🏃 Exercising regularly	



C Grammar practice

A: Present Perfect Continuous

Complete the sentences:

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



B: Second Conditional



Complete the sentences:

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

C: Third Conditional

Complete with your ideas:

- a) If I had drunk more water, I _____.
- b) 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 _____.

