

# LISTENING TO HEALTHY HABITS



ESTUDIANTE	PROPÓSITO	COMPETENCIA
	Los estudiantes comprenderán mensajes orales en inglés relacionados con estilos de vida saludables, identificando ideas principales, detalles relevantes y expresiones de causa, efecto y contraste para reflexionar sobre cómo lograr el equilibrio entre el uso de tecnología y hábitos saludables.	ESCUCHA DIVERSOS TIPOS DE TEXTOS EN INGLÉS

## 01 LISTENING TO HEALTHY HABITS – STUDENT WORKSHEET

A

### Pre-listening

	video games
	sleep
	junk food
	social media
	healthy food
	walking

B

### Write H (Healthy) or U (Unhealthy) next to each habit

- \_\_\_ Eat vegetables every day
- \_\_\_ Play video games all day
- \_\_\_ Walk in the park
- \_\_\_ Sleep very late
- \_\_\_ Read a book
- \_\_\_ Use the phone for 6 hours

C

### Listen - about Lucas and Ana

Hi, I'm **Lucas**. I've been using my phone too much. I played video games every day and slept very late. Because of that, I felt tired and got sick. Now, I've been doing exercise and eating better. I feel stronger and happier.

Hi, I'm **Ana**. I've been on social media all the time. I didn't talk to my family and felt stressed. If I had gone outside more, I would have felt better. Now, I read books and dance with my cousins. It's hard, but I feel more relaxed.

D

### LISTEN - Choose the correct option



Lucas felt tired because:

- He walked too much
- He played video games and slept late
- He ate too many vegetables

Ana felt stressed because:

- She watched TV
- She used social media all the time
- She read books



Now, Ana:

- Dances with her cousins
- Plays more video games
- Uses her phone more



E

### GRAMMAR PRACTICE - Fill in the blanks with:

Use: because / so / but / however

- I felt tired \_\_\_\_\_ I slept very late.
- She uses her phone a lot, \_\_\_\_\_ she feels sad.
- I want to be healthy, \_\_\_\_\_ I do exercise.
- I like dancing, \_\_\_\_\_ it's hard to start.

