

LISTENING TO HEALTHY HABITS

ESTUDIANTE

PROPÓSITO

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.

COMPETENCIA

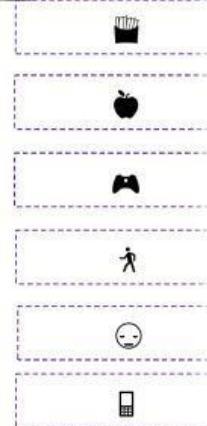
ESCUCHA DIVERSOS TIPOS DE TEXTO EN INGLÉS



LISTENING TO HEALTHY HABITS – STUDENT WORKSHEET

01

A Pre-listening



video games

sleep

junk food

social media

healthy food

walking



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

1. Eat vegetables every day
2. Play video games all day
3. Walk in the park
4. Sleep very late
5. Read a book
6. 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:

- a) He walked too much
- b) He played video games and slept late
- c) He ate too many vegetables



Ana felt stressed because:

- a) She watched TV
- b) She used social media all the time
- c) She read books



Now, Ana:

- a) Dances with her cousins
- b) Plays more video games
- c) Uses her phone more



E GRAMMAR PRACTICE – Fill in the blanks with:



Use: because / so / but / however



1. I felt tired _____ I slept very late.
2. She uses her phone a lot. _____ she feels sad.
3. I want to be healthy. _____ I do exercise.
4. I like dancing. _____ it's hard to start.

