



METAS DE APRENDIZAJE / COMPETENCIAS A DESARROLLAR

- Recognizes general and specific information in written texts on familiar topics.
- Explains ideas presented in written text about topics of interest or that are familiar using previous knowledge, inferences or interpretations.
- Relates healthy habits to his daily life and talks about them.

ENGAGE - WARM UP

HEALTHY HABITS - VOCABULARY

- Match expressions and pictures.



I'm going to sleep 8 hours a day.

I'm going to drink much more water.

I'm going to eat five portions of fruits and vegetables per day.

I'm going to stop going to the pub.

I'm going to work out.

I'm going to stop eating fast food.

I'm going to cook my food.

I feel lazy today.

I'm going to stop smoking.

I'm going to stop using the car and I'm going to walk.



STUDY 1 - GOING TO

- Watch the video and respond the questions:



We need verb _____ in present, like this:

I _____ We _____ He _____ It _____
 You _____ They _____ She _____

Ejemplo 1: AFFIRMATIVE: You _____ tonight.

2: NEGATIVE: You _____ tonight.

3: INTERROGATIVE: _____ you _____ tonight.

Según el video, ¿cómo queda esta oración? "Ella va a tomar el taxi"

AFFIRMATIVE

NEGATIVE

INTERROGATIVE

Según el video, ¿cómo queda esta oración? "Voy a descansar este fin de semana"

AFFIRMATIVE

NEGATIVE

INTERROGATIVE

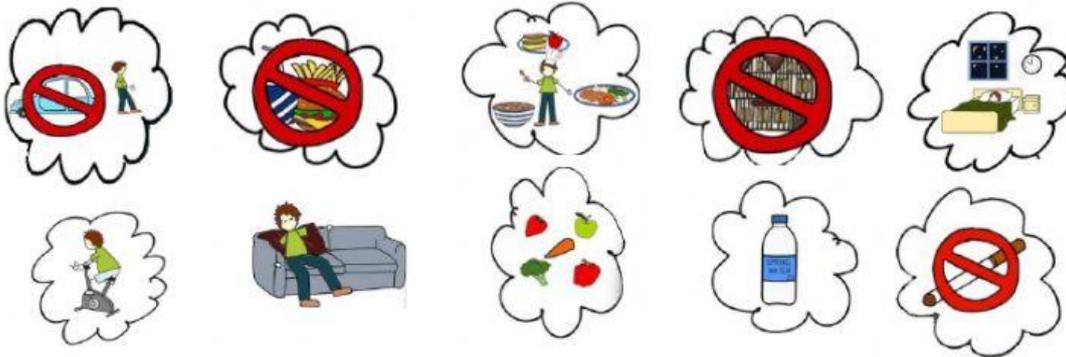


STUDY 2 - HEALTHY HABITS

- Watch the video and complete the ideas based on the information shared in there.



- Choose the healthy habits mentioned in the video.



- Complete the following ideas based on the video:

1. I _____ more like my friend Martin.
2. I'm going to _____ the gym and get fit.
3. I'm _____ to have three healthy meals - _____, lunch and dinner.
4. I'm going to stop driving and start _____.
5. I'm going _____ go to bed early and get at least _____ hours' sleep every night.
6. I'm going to be so healthy! ... _____, I'm going to get fit and healthy...



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GUÍA DE TRABAJO VIRTUAL

- Organize the following ideas in the correct order according to the video.

	My friend Martin says that exercise and healthy eating are really important.
	I'm going to drink lots of water. I'm going to stop smoking. I'm going to stop going to the pub.
	I'm going to go to bed early and get at least eight hours' sleep every night.
	I'm going to eat 5 portions of fruit and vegetables every day. I'm going to have 3 healthy meals - breakfast, lunch and dinner.
	Tomorrow, I'm going to get fit and healthy...
	And I'm going to cook all my food myself with fresh ingredients - no more fast food for me!
	These days, I feel a little bit lazy. It's time to make some lifestyle changes.
	I'm going to be more like Martin. I'm going to join the gym and get fit.
	From now on, I'm going to be so healthy!...
	I'm going to stop driving and start walking. I'm going to stop watching TV and start running.

RESOURCES

- https://www.youtube.com/watch?v=0_-8yPyCDHI&ab_channel=FranciscoOchoaIng!%C3%A9sF%C3%A1cil
- https://www.youtube.com/watch?v=H6OkG6jwJ8c&ab_channel=%D0%95%D0%BA%D0%B0%D1%82%D0%B5%D1%80%D0%B8%D0%BD%D0%B0%D0%A8%D0%B5%D0%B2%D1%87%D1%83%D0%BA
- <https://esol.britishcouncil.org/content/learners/skills/speaking/health-and-fitness>

ACTIVATE - PRODUCTION

ACTIVITY 1

- VIRTUAL SYNCHRONIC SESSION: In this session, the topic and the exercises will be explained.
- Download and open the app in your computer or cellphone <https://zoom.us/download>
 - You MUST enter the session on time with your FULL NAME and CAMERA ON. Otherwise, you WILL NOT be allowed to enter**

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NOTE: This session is MANDATORY! Your attendance and participation will be taken into consideration for your final grade this term.

10°1:

Thursday at 2:00 PM

(Teacher Yormen)

ID: 386 799 3708

Password: mayova67

10°3:

Wednesday at 1:25 PM

(Teacher Sandra)

ID: 2112571093

Password: IUC



10°4:

Wednesday at 3:05 PM

(Teacher Sandra)

ID: 2112571093

Password: IUC

10°5:

Wednesday at 4:20 PM

(Teacher Sandra)

ID: 2112571093

Password: IUC

ASSESSMENT

1. Activity fully completed in liveworksheets
2. Virtual session participation.

INFORMACIÓN DE CONTACTO

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