ENGLISH - **Change our Lifestyle** Level A1

Healthy Lifestyle Week 28

TEACHER: _____ Grade: _____

STUDENT: _____ DATE: _____

1 - Listen to and read the conversations.

Sayri and Mateo want to promote healthy lifestyles in their communities, so they decided to ask people questions about what they do in their free time.



Sayri: Hello, my name is Sayri. Can I ask you some questions about what you do in your free time?

George: Sure.

Sayri: What's your name?

George: My name is George.

Sayri: How old are you?

George: I am 14 years old.

Sayri: What kind of activities do you like to do?

George: I go biking. I love it!

Sayri: How often do you go biking?

George: I go biking every day.

Sayri: Where do you go biking?

George: I usually ride in the park.

Sairy: When do you go biking?

George: Most of the time I go in the afternoon.

Sairy: Congratulations, George. Biking is a healthy habit.



Mateo: Hello, my name is Mateo. Can I ask you some questions about what you do in your free time?



Susan: Of course!

Mateo: What's your name?

Susan: I'm Susan.

Mateo: How old are you?

Susan: I am 13 years old.

Mateo: What sports or activities do you like to do in your free time?

Susan: I don't play sports. I think they are boring and dangerous.

Mateo: Really? So, what do you like to do in your free time?

Susan: Well, I like playing online games.

Mateo: OK. So, how often do you play online games?

Susan: Every day. To be honest, sometimes I play almost all day.



Mateo: Where do you play them?

Susan: On my cell phone.

Mateo: Wow! Susan, that's a lot of screen time.

Susan: I know. Maybe I need to think about changing my lifestyle.

LIVEWORKSHEETS

2 - Listen to and write "G" for George or "S" for Susan. Follow the example.

Example: He/She has a healthy lifestyle. G

1. He/She plays online games. ☐
2. He/She has an unhealthy lifestyle. ☐
3. He/She is 14 years old. ☐
4. He/She goes biking. ☐

3 - Listen to and complete the chart using the information from the story.

QUESTIONS	 George	 Susan
ACTIVITY	goes biking	4.
FREQUENCY	1.	5.
WHERE	2.	6.
WHEN	3.	In her free time

NOTEMOS ALGO:

How often...?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Every day	X	X	X	X	X	X	X
Two times a week	X				X		
Three times a week	X		X		X		

LIVEWORKSHEETS

4 - Match the questions with the answers. Follow the example.

Example:

1. Where do you play sports?

2. Do you play sports?

3. How often do you play sports?

4. When do you go skating?

A



B



C



D



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LIVEWORKSHEETS