



Let's change our lifestyle (Cambiemos nuestro estilo de vida)

Activity 1 : Healthy lifestyle (Estilo de vida saludable)

Competencia: Lee diversos tipos de textos escritos en inglés como lengua extranjera.

Propósito: Comprender información específica de textos en inglés sobre promover actividades físicas y estilos saludables de vida, a fin de elaborar un texto en inglés con las recomendaciones pertinentes para la situación.

FULL NAME: **DATE:**

THE CHALLENGE

La Organización Mundial de la Salud (OMS o World Health Organization, WHO) promueve la campaña "Healthy at home", para que la gente mejore sus hábitos durante el periodo de confinamiento. La falta de actividad física y una inadecuada alimentación pueden causar diversas enfermedades, como obesidad, diabetes, cáncer, entre otras. Por ello, el propósito de esta campaña es crear conciencia sobre la importancia de realizar actividades físicas y tener hábitos alimenticios saludables, #HealthyAtHome.



Tu reto: elaborar recomendaciones en inglés para promover la actividad física y los buenos hábitos alimenticios de otros adolescentes como tú a partir de la información obtenida en un cuestionario.

Activity 1: Healthy Lifestyle

LET'S OBSERVE!

1. Look at the pictures. Draw a  for a healthy lifestyle choice and a  for an unhealthy lifestyle choice.

Example



I play online games all day.



1.



I never exercise.

2.



I go running twice a week.

3.



I don't play sports.

4.



I usually go biking.

5.



I go walking three times a week.



2. Now, **classify** the lifestyle habits into two categories.



Healthy
lifestyle



Unhealthy
lifestyle

I play online games all day.

LET'S LISTEN AND READ!

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.



**LET'S UNDERSTAND!****UNDERSTAND-EXERCISE 1**

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.

UNDERSTAND-EXERCISE 2

Complete the chart using the information from the story.

QUESTIONS	 George	 Susan
ACTIVITY	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		



UNDERSTAND-EXERCISE 3

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

On Saturdays



B

Three times a week



C

Yes, I do. I love them



D

In the park



Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas sobre lo que puedes hacer en inglés.

1. ¿Puedo reconocer palabras simples en inglés con el apoyo de imágenes?

SÍ - NO

2. ¿Puedo comprender frases básicas en textos breves y sencillos escritos en inglés?

SÍ - NO