



Teacher:

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EDA 8: Let's Change Our Lifestyle!

English: Level A1

APRENDO
en casa**PROPÓSITO** Comprender información específica de textos en inglés sobre actividades recreativas o deportivas.**COMPETENCIA:** Lee diversos tipos de textos en inglés como lengua extranjera.**CRITERIOS**

- ✓ Reconocer palabras simples en inglés con el apoyo de imágenes.
- ✓ Comprender frases básicas en textos breves y sencillos escritos en inglés.

ACTIVITY 1: HEALTHY LIFESTYLE**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.

Sayri: When do you go biking?

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

Sayri: 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.

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.

G

UNDERSTAND-EXERCISE 2: Complete the chart using the information from the story.

QUESTIONS

Susan



George

ACTIVITY

FREQUENCY

WHERE

WHEN

In her free time

Biking

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		X
Three times a week	X		X		X		

UNDERSTAND-EXERCISE 3: Match the questions with the answers. Follow the example:



Yes, I do. I love them

Do you play sports?



Three times a week

Where do you play sports?



On Saturdays

When do you go skating?



In the park

How often do you play sports?