



PERÚ

Ministerio
de EducaciónAPRENDO
en casa

LEARNING EXPERIENCE 8

English: Level A1

Let's Change Our Lifestyle

Activity 1: Healthy Lifestyle

LET'S OBSERVE!

1. Look at the pictures. Select the activities for a healthy lifestyle.

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 existen estándares internacionales sobre lo que puedes hacer con el inglés? Aquí hay algunas preguntas relacionadas con estos estándares. ¿Lo puedes lograr?



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

This is the end
of Activity 1.
Bye-bye!

Continue with
Activity 2.

