WORKSHEET N° 27

LEARNING EXPERIENCE 8: LET'S CHANGE OUR LIFESTYLE!

ACTIVITY 3: "HEALTHY ACTIVITIES"

NAME____________________________________ **GRADE: 3 ___ DATE: Wednesday, November 3rd 2021** **LEVEL A1**

PROPOSITO: **Identificar las recomendaciones sobre una vida saludable durante la pandemia.**

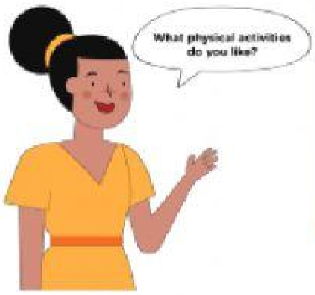
Competencia: **Lee diversos tipos de textos escritos en inglés como lengua extranjera.**

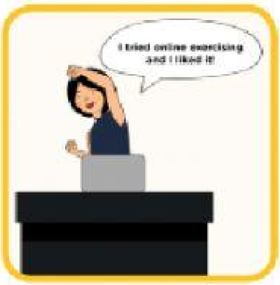
Activity 3: Healthy Activities

LEAD IN

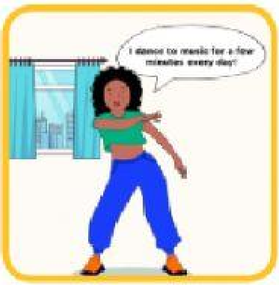
1. **Look** at the pictures and **tick** " ✓ " all the people who have healthy lifestyle.

A

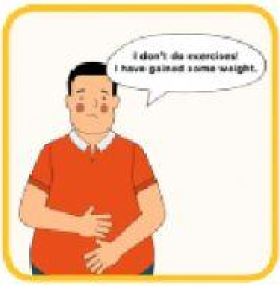

What physical activities do you like?


I tried online exercising and I liked it!

a. ☑

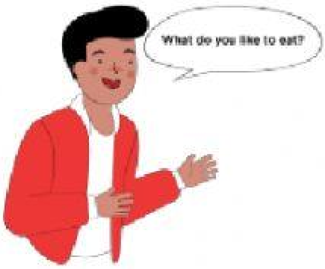

I dance to music for a few minutes every day!

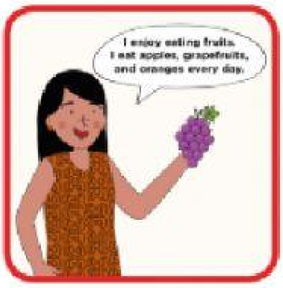
b. ☐


I don't do exercises! I have gained some weight.

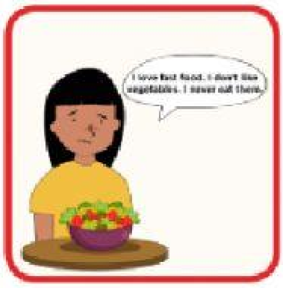
c. ☐

B

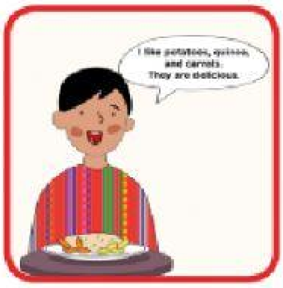

What do you like to eat?


I enjoy eating fruits. I eat apples, grapefruits, and oranges every day.

a. ☐


I love fast food. I don't like vegetables. I never eat them.

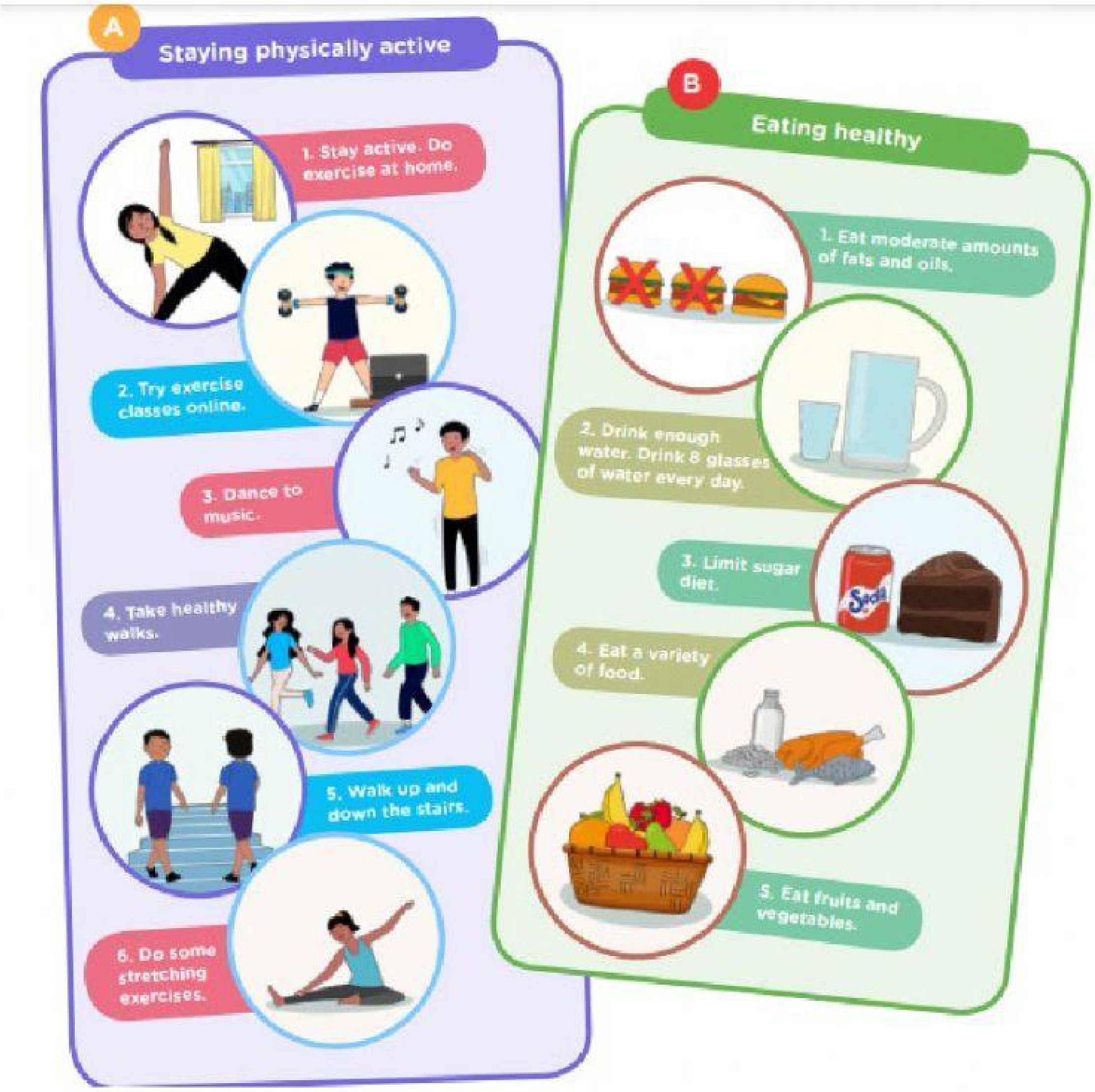
b. ☐


I like potatoes, quinoa, and carrots. They are delicious.

c. ☐

LET'S LISTEN AND READ

Look at the **WHO** recommendations to stay healthy during the pandemic.

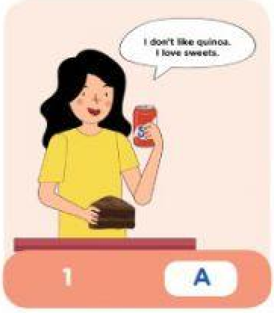

A
Staying physically active
1. Stay active. Do exercise at home.
2. Try exercise classes online.
3. Dance to music.
4. Take healthy walks.
5. Walk up and down the stairs.
6. Do some stretching exercises.
B
Eating healthy
1. Eat moderate amounts of fats and oils.
2. Drink enough water. Drink 8 glasses of water every day.
3. Limit sugar diet.
4. Eat a variety of food.
5. Eat fruits and vegetables.

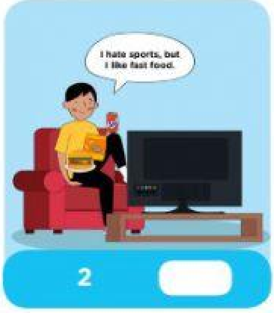
LET'S UNDERSTAND!

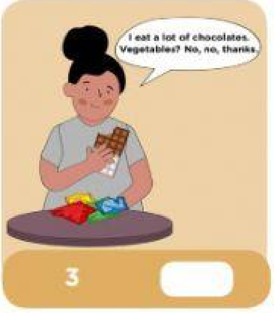
UNDERSTAND-EXERCISE 1

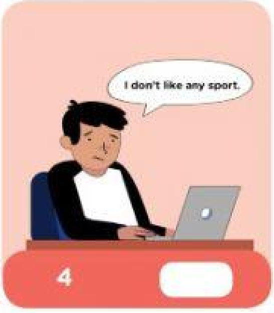
Look at the people and **identify** their problem.

Part. A. Which WHO recommendations each person needs A or B?


I don't like quinoa.
I love sweets.
1
A


I hate sports, but
I like fast food.
2


I eat a lot of chocolates.
Vegetables? No, no, thanks.
3


I don't like any sport.
4

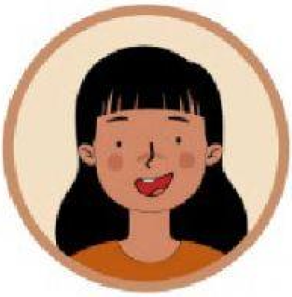
Part. B. at María and Dante's information chart and find out who has a healthy or unhealthy lifestyle.

QUESTIONS	María (13)	Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

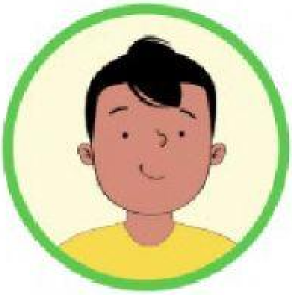
UNDERSTAND-EXERCISE 2

Part. A

Who needs a change his/her lifestyle?



MARÍA



DANTE

Part. B. Complete the recommendations with the missing information.

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) __________ active. (3)__________ exercise at home.

(4) ___________moderate amounts of fats and oils.

(5) ___________ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo

Dear friend, (1) ______________

You have healthy habits, congratulations!

(2) You go ____________________three times a week.

(3) You _________________________fruits every day.

(4) You don't eat _________________.

Help to campaign!

Sairy

1. ¿Puedo completar información simple en inglés, siguiendo un modelo?

   SÍ - NO

2. ¿Puedo escribir palabras y frases simples en inglés?

   SÍ - NO

STAY ACTIVE,
BE HEALTHY!