

# INSTITUCIÓN EDUCATIVA LASTENIA REJAS DE CASTAÑÓN

FULL NAME :

GRADE AND SECTION:

LEARNING EXPERIENCE 8

English: Level A1

## Let's Change Our Lifestyle



TEACHER	GREY MARIÑO	LEVEL A1	DATE: FROM NOVEMBER 8TH TO NOVEMBER 12TH , 2021
TITLE	LET'S CHANGE OUR LIFESTYLE- RETO 1		
COMPETENCE	PRODUCE DIVERSOS TIPOS DE TEXTO COMO LENGUA EXTRANJERA .		
CRITERIA TO ASSESS	Adecúa el texto sobre recomendaciones para promover actividades físicas y buenos hábitos de alimentación en tiempos de pandemia.		
EVIDENCE	Recomendaciones en inglés para promover actividades físicas y estilos de vida saludables.		
PURPOSE TO ASSESS	PRODUCE DIVERSOS TIPOS DE TEXTO COMO LENGUA EXTRANJERA .		

### Activity 3: Healthy Activities

#### LEAD IN

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

A



a.



b.



c.

B



a.



b.



c.

\* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

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.



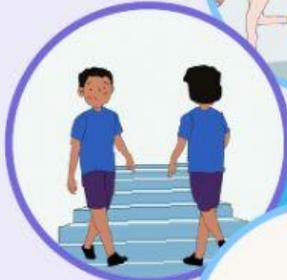
2. Try exercise classes online.



3. Dance to music.



4. Take healthy walks.



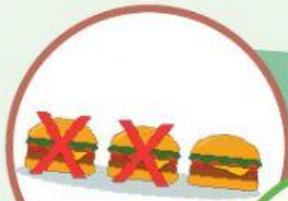
5. Walk up and down the stairs.



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.

Adaptado de: <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>



## 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?



**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

María has \_\_\_\_\_  
Dante has \_\_\_\_\_



UNDERSTAND-EXERCISE 2

Part. A

Who needs a change his/her lifestyle?



MARÍA



DANTE

What are Sayri and Mateo's recommendations for María and 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



# Let's Change Our Lifestyle



## Activity 4: Do it yourself!

How can you help people to change their unhealthy habits?

### LEAD IN!

Topic: Eating habits

Name: Sofía

Age: 16

keep ME healthy



ITEM	QUESTIONS
 Eat...?	Do you eat fruits? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
What fruit/eat?	What fruit do you eat? <i>Bananas, oranges</i>
Frequency...?	How often do you eat fruits? <i>Once a week</i>
 Like?	Do you like fast food? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Frequency...?	How often do you eat fast food? <i>Every day</i>

Results: Healthy lifestyle Unhealthy lifestyle

1. Look at Sofía's eating habits. Tick "✓" the best recommendation(s) for her.

Eat fruits and vegetables every day.

A

Eat a lot of sugar and sodas.

B

Eat moderate fats and oils.

C

\* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.



## LET'S CREATE!

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, se lanza esta campaña para 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.

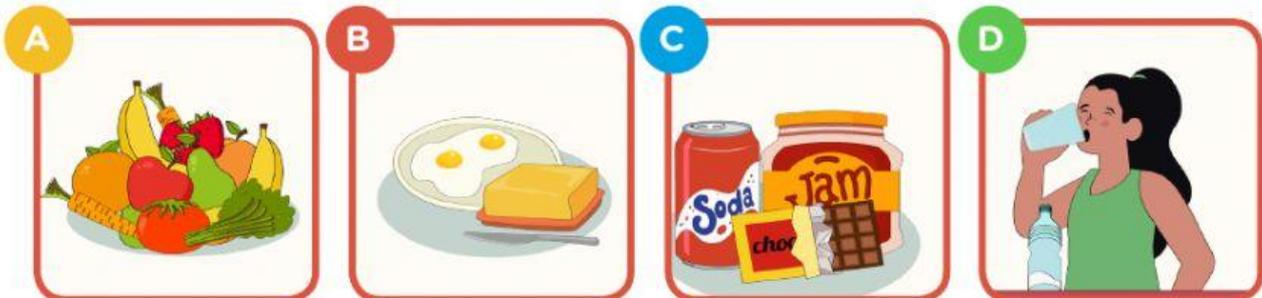
Desarrolla las actividades 1, 2 y 3. Te ayudarán a enfrentar tu reto.



**Label** the pictures with the WHO recommendations:

Eat moderate amounts of fats and oils - Take healthy walks  
 Drink enough water - Stay active - Dance to music  
 Limit sugar diet - Eat a variety of vegetables and fruits  
 Try exercise classes online

### Tips for maintaining a healthy diet:



### Tips for maintaining a good shape:



Adaptado de: World Health Organization. (S.f.). #HealthyAtHome - Physical activity. <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>