

# LE 8: LET'S CHANGE OUR LIFESTYLE

## Summary Learning Experience

Let's remember all the topics that we did in this learning experience!



## Listening part

1. Watch the video about two interviews.



2. Drag the rectangles to complete the chart.

every day

plays online games

in the park

every day

on her cell phone

in the afternoon

in her free time

|           |                                                                                             |                                                                                              |
|-----------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| QUESTIONS | <br>George | <br>Susan |
| ACTIVITY  | goes biking                                                                                 |                                                                                              |
| FREQUENCY |                                                                                             |                                                                                              |
| WHERE     |                                                                                             |                                                                                              |
| WHEN      |                                                                                             |                                                                                              |

3. Listen to the interview and do the exercises.



4. Select the best option to answer the questions.

- |                              |                   |                 |
|------------------------------|-------------------|-----------------|
| 1. Name:                     | Edgardo           | Eduardo         |
| 2. Age:                      | Sixteen           | Fifteen         |
| 3. How often eat vegetables? | once a day        | every day       |
| 64 How often eat fruit?      | Three times a day | two times a day |

5. Listen to the audios and match them with the words and their pictures.



*weight*



*walk up and down*



*stretching*



*WHO*





## Reading part

6. Read the infographic and answer the questions.

### Tips to get a Healthy lifestyle

1

#### FRUITS AND VEGETABLES

You should eat more fruits and vegetables.



#### EXERCISES

2

You should do exercises every day



#### WATER

3

You should drink eight glasses of water during the day.



4

#### FAST FOOD

You shouldn't eat fast food every day.



5

#### ALCOHOL AND CIGARETTES

You shouldn't smoke and drink alcohol.



6

#### REST

You should sleep 8 hours.

Source: [www.who.org](http://www.who.org)

Elaborated by: Yamileth Rosas

7. Select the best options to complete the sentences.

You shouldn't drink \_\_\_\_\_.

You \_\_\_\_\_ eat roast chicken.

You \_\_\_\_\_ stay wake up 8 hours.

8. Select the best option to give a good advice.



He should drink a glass of water

He shouldn't run so fast.



He should play video games.

He should sleep early.

9. Are these sentences true or false? Tick the boxes.

| Sentences                                                                         | True | False |
|-----------------------------------------------------------------------------------|------|-------|
| To get a healthy lifestyle you should exercise regularly and have a healthy diet. |      |       |
| It's a bad tip to sleep 8 hours a day.                                            |      |       |
| You should eat pizza, hamburgers, candies and drink soda five times a week.       |      |       |
| You shouldn't eat vegetables and fruits once a month.                             |      |       |



## Writing part

10. Label the pictures with the WHO recommendations:

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:







11. Write a paragraph giving recommendations to have a healthy lifestyle.

Dear, \_\_\_\_\_

You have to follow WHO recommendations to improve your lifestyle.

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All the bad habits cause illness.

Take care,

\_\_\_\_\_