

## Learning Experience 8. Let's Change Our Lifestyle!

### WEEK 32-4<sup>th</sup> grade 3<sup>rd</sup> English Activity: Healthy Activities!

IE: Fe y Alegría 32 Surname and names: \_\_\_\_\_

Date: November 15<sup>th</sup>, 2021. Teacher: Luz Araujo B. Grade and Section: 4<sup>th</sup> "\_\_\_"

#### 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. ☐

##### LET'S LISTEN AND READ

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

#### A. Staying physically active



2. Try exercise class online.

1. Stay active. Do exercise at home.

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?

I don't like quinoa. I love sweets.

1

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

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.

### Who needs a change his/her lifestyle?

What are Sayri and Mateo's recommendations for María and Dante?



Dear friend, (1) \_\_\_\_\_

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

N°	¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas relacionadas a estos estándares. ¿Lo puedes hacer?	Respuestas	
		Si	No
1	¿Puedo completar información simple en inglés, siguiendo un modelo?		
2	¿Puedo escribir palabras y frases simples en inglés?		