









Learning Experience 8. Let's Change Our Lifestyle! WEEK 32-4th grade 3rd English Activity: Healthy Activities!

IE: Fe y Alegria 32 Surname and names:

Date: November 15th, 2021. Teacher: Luz Araujo B. Grade and Section: 4th "__"

Activity 3: Healthy Activities!

LEAD IN

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















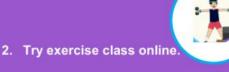




LET'S LISTEN AND READ

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

A. Staying physically active



1. Stay active. Do exercise at home.

3. Dance to music.



4. Take healthy walks

5. Walk up and down the stairs.



6. Do some stretching exercises.







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)

No	Yes - Biking
Never	Three times a week
Never	Every day
Rarely	Usually
Frequently	Rarely
	No Never Never Rarely

María has	<u> </u>
Dante has	

UNDERSTAND-EXERCISE 2

Part. A Who needs a change his/her lifestyle?





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



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?		

