

WEEK 33
Healthy Activities

Name: _____ Grade /Section : _____

Reflection:

"My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One." **1 John 2:1**

Who is the lawyer in the judgment?

- a. anybody
- b. Jesus Christ
- c. The father

1. Goals for the class:

1. Listen and read about make recommendation about staying physically active and eating healthy
2. Make recommendation how to have healthy life style using imperative form.

2. Look at the pictures and tick "✓" all the life style activities

I like online exercising and like it.	I love dancing and it is fun.	I enjoy running and it is active.
		
I don't like exercising, it is bored.	I hate eating vegetables and fruits.	I love eating vegetables but I hate eating junk food.
		

Do you like _____?

Love ____
enjoy ____

Yes, I do. I like ____

love ____
enjoy ____

No, I don't. I hate _____ing ...

No, I don't. I don't like _____ing...

3. Listen and Read

Look at the **WHO (World Health Organization)** recommendations to stay healthy during the pandemic.

STAYING PHYSICALLY ACTIVE

Stay active. Do exercise at home.	Try to do online exercise classes.	Dance to music.
		
Take healthy walks.	Walk up and down the stairs.	Do some stretching exercises.
		

EATING HEALTHY

Eat moderate amounts of fats and oils. 	Drink enough water. Drink 8 glasses of water every day. 	Limit sugar diet. 
Eat a variety of food. 	Eat fruits and vegetables 	Limit sugar and saturated fat 

4. Look at Maria and Dante's information chart and find out who has a healthy or unhealthy lifestyle.

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

Ask your partner: Who has healthy life style and who has unhealthy life style? Why?

_____ has healthy life style because _____

_____ has unhealthy life style because _____

5. Make recommendation a to Maria and Dante

stay – do – eat (2)

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,





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!

biking - eat -
processed food

SELF-EVALUATION		YES	NO
I am able to understand about how to make recommendation to be healthy life style.			
I am able to make recommendation how to have healthy life style, use imperative forms.			