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DESARROLOLLO DE ACTIVIDADES

Let's change our lifestyle

GLOSSARY

INGLÉS	CASTELLANO
1. free time	tiempo libre
2. go biking	montar bicicleta
3. healthy	saludable
4. how often...?	¿cuán frecuentemente...?
5. junk food	comida chatarra
6. lack of	falta de, carencia de
7. lifestyle	estilo de vida
8. neighborhood	vecindario
9. overweight	pasado de peso
10. promote	promover
11. questionnaire	cuestionario
12. stay hydrated	mantente hidratado
13. unhealthy	no saludable
14. walks	caminatas
15. work out	entrenar en gimnasio

LIVEWORKSHEETS

Activity 1: Healthy Lifestyle

LET'S OBSERVE!

1. Look at the pictures. Draw a 👍 for a healthy lifestyle choice and a 👎 for an unhealthy lifestyle choice.

Example

I play online games all day. 👎

1.

I never exercise.

2.

I go running twice a week.

3.

I don't play sports.

4.

I usually go biking.

5.

I go walking three times a week.

Now, write three healthy sentences and three unhealthy sentences.

Healthy lifestyle

Unhealthy lifestyle

I play online games all day.

LIVEWORKSHEETS

LET'S LISTEN AND READ!

Listen to and **read** the conversations.

Sayri and Mateo want to promote healthy lifestyles in their communities, so they decided to ask people questions about what they do in their free time.

Sayri: Hello, my name is Sayri. Can I ask you some questions about what you do in your free time?

George: Sure.

Sayri: What's your name?

George: My name is George.

Sayri: How old are you?

George: I am 14 years old.

Sayri: What kind of activities do you like to do?

George: I go biking. I love it!

Sayri: How often do you go biking?

George: I go biking every day.

Sayri: Where do you go biking?

George: I usually ride in the park.

Sairy: When do you go biking?

George: Most of the time I go in the afternoon.

Sairy: Congratulations, George. Biking is a healthy habit.

Mateo: Hello, my name is Mateo. Can I ask you some questions about what you do in your free time?

Susan: Of course!

Mateo: What's your name?

Susan: I'm Susan.

Mateo: How old are you?

Susan: I am 13 years old.

Mateo: What sports or activities do you like to do in your free time?

Susan: I don't play sports. I think they are boring and dangerous.

Mateo: Really? So, what do you like to do in your free time?

Susan: Well, I like playing online games.

Mateo: OK. So, how often do you play online games?

Susan: Every day. To be honest, sometimes I play almost all day.

Mateo: Where do you play them?

Susan: On my cell phone.

Mateo: Wow! Susan, that's a lot of screen time.

Susan: I know. Maybe I need to think about changing my lifestyle.

EXERCISE: On a separate sheet write one of the two dialogues presented with your own case.

LIVEWORKSHEETS

THE CHALLENGE

UNDERSTAND-EXERCISE 3

Match the questions with the answers. Follow the example.

Example:

1. Where do you play sports?
2. Do you play sports?
3. How often do you play sports?
4. When do you go skating?

LIVEWORKSHEETS