English: Level A2

WEEK 13

Mental health*

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Activity Improve your mental health (day 2)

LET'S SELF-ASSESS!

Mantenernos activos en confinamiento nos ayuda a cuidar nuestra salud mental ¿Qué actividades puedo realizar para divertirme sin poner en riesgo mi salud? ¿Cómo puedo mantenerme activo(a) con las restricciones que existen debido al COVID-19? ¿Puedo describir **en inglés** que actividades ayudan a cuidar nuestra salud mental?

Expresa cuánto sabes en inglés con las frases en la parte superior de la tabla. Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Sé honesto(a) contigo mismo(a).

	Can I do it?	Not at all	Somewhat	Well	Very well
1.	Can I identify the key details in a quiz and an interview in English about habits to improve our mental health?				
2.	Can I write recommendations to improve our mental health in English using "should", "shouldn't", "more often" and "less often" correctly?				
3.	Can I use accurate pronunciation and intonation in English when I orally present recommendations to improve our mental health?				

* Material elaborado en colaboración con el British Council y RELO Andes de la Embajada de Estados Unidos.

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the pictures and complete the sentences with a verb from the box. Follow the example:

Example:

MENTAL HEALTH

L _ _ _ _ _ NEW THINGS

H _ _ _ F _ _

_ _ _ HEALTHY

C _ _ _ _ _ _ _ WITH FRIENDS

READ

Read two texts. Text A is a 'Mental health quiz' and Text B is conversation at a hospital.

TEXT A

Mental Health Quiz

Answer the following questions about your mental health and check the recommendations at the end of the quiz.

1. How often do you exercise?
- **a)** Regularly
- **b)** Sometimes
- **c)** Never

2. How often do you eat fruits and vegetables?
- **a)** Regularly
- **b)** Sometimes
- **c)** Never

3. How often do you sleep between 8 and 10 hours per night?
- **a)** Regularly
- **b)** Sometimes
- **c)** Never

4. How often do you feel happy?
- **a)** Regularly
- **b)** Sometimes
- **c)** Never

If your answers were:

Mostly a: Good job! You should continue with your habits.

Mostly b: Almost there! You should sleep between 8 and 10 hours a night. Remember you should exercise, eat fruits and vegetables and do activities that you like more often.

Mostly c: You are not alone! You should talk to your parents or someone you trust. He or she can help you. Remember, you shouldn't feel sad all the time.

TEXT B

At the hospital

Franco: I feel tired all the time and I often feel grumpy in the mornings.

Doctor: Ok, let me ask you some questions first.

Franco: Sure.

Doctor: How often do you eat fruits and vegetables?

Franco: I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

Doctor: How often do you use your cell phone?

Franco: I am always on my cell phone. I need it to contact my friends and do my homework.

Doctor: How often do you drink soda?

Franco: I drink soda regularly. I love it.

Doctor: Last question. How often do you help others?

Franco: I hardly ever have time to help others. I'm too busy with school work!

Doctor: Here are my recommendations for you. First, you shouldn´t eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.

LOOK!

More frequently = **"more often"**

Less frequently = **"less often"**

UNDERSTAND - EXERCISE 1

Complete the following sentences about the texts you just read with the words in the box. Follow the example:

do activities we like – 8 hours – meat and rice – help others - some habits
the end – tired all the time - instead of soda

Example:
The recommendations about the mental health quiz are at the end of the quiz.

1. According to the recommendations after the mental health quiz, we shouldn't sleep less than _____ night.
2. According to the recommendations after the mental health quiz, we should eat fruits and vegetables, exercise and _____ to be healthy.
3. If you got mostly C's on the mental health quiz, you should change _____.
4. Franco visited a doctor because he felt _____.
5. The doctor recommended that Franco avoid eating _____ every day.
6. The doctor suggested that Franco drink water _____.
7. The doctor's final recommendation to Franco was to _____.

UNDERSTAND - EXERCISE 2

According to the interview between Franco and his doctor, how often does Franco practise the following habits? **Write the correct habit for each picture and then write the correct adverb of frequency.** Follow the example:

1

ACTION: Eat fruits and vegetables.

FREQUENCY: Hardly ever.

2

ACTION:

FREQUENCY:

3

ACTION:

FREQUENCY:

4

ACTION:

FREQUENCY:

LET'S PRACTISE!

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica al verbo modal "**should**" y su forma negativa "**shouldn't**" ¿Para qué utilizamos este verbo? Colorea las dos opciones que mejor describa su función:

Para brindar recomendaciones	Para dar órdenes	Para dar consejos	Para obligaciones

Ahora, observa nuevamente los ejemplos de los textos y marca **verdadero** o **falso** al lado de las siguientes oraciones sobre la estructura gramatical de oraciones que contienen "**should**" o "**shouldn't**":

1. Después del verbo "should" o "shouldn't" va la palabra "to". **¿Verdadero o falso?**
2. Antes de "should" o "shouldn't" usualmente va el sujeto. **¿Verdadero o falso?**
3. Después de "should" y "shouldn't" va el verbo siempre en su forma original. **¿Verdadero o falso?**
4. "Shouldn't" es la abreviación de "should not". **¿Verdadero o falso?**

PRACTISE - EXERCISE 1

Rewrite the following recommendations so they are written correctly. Follow the example:

Example:

1. **Wrong** People should ~~to~~ eat fast food less often and eat fruit more often.
   Right People **should** eat fast food less often and eat fruit more often.
2. **Wrong** Should teenagers exercise and they should watch TV less often.
   Right
3. **Wrong** Older people should'not worry about their problems all the time and have fun more often.
   Right
4. **Wrong** You should to learn new things and focus on the positive side of things more often.
   Right

PRACTISE – EXERCISE 2 – Listening comprehension

Listen to the following interview with a doctor who gives some recommendations to improve our mental health. Check (✔) only the recommendations that you hear. You will hear the interview twice. Number 1 is an example:

1. Teenagers should go to bed earlier.	✔
2. Teenagers should eat fast food less often.	
3. Teenagers shouldn't play video games.	
4. We should exercise more often.	
5. Teenagers should play in their backyard.	
6. Teenagers should watch TV less often.	

Interviewer: Good morning Dr. Richards. Mental health is an important issue, especially these days. Our question today is: How can teenagers improve their mental health? Do you have any recommendations?

Doctor: Good morning and thank you for the interview. Well, teenagers usually stay up late playing video games or checking their cell phones. So, my first recommendation is that they should go to bed earlier. It's important for teenagers to sleep at least 8 hours a night.

Interviewer: That is really important. What about food? Can food influence our mental health?

Doctor: Yes, nowadays, some parents work too much and sometimes they buy fast food instead of cooking because it's less complicated. Teenagers should eat fast food less often. They should eat more fruits and vegetables. At least three servings of fruits or vegetables a day can help improve mental health.

Interviewer: Great! So we have to eat healthy! What about physical activities?

Doctor: During the lockdown it is difficult to exercise and we spend a lot of time in front of screens, but we should exercise more often. At the very least, we should stand up every 40 minutes and stretch.

Interviewer: Thank you, doctor. This has been very informative. If we follow these simple recommendations, we can improve our mental health.