Listening N° 2: Are you fit and healthy?

Name:	**Class:**	**Date:**

Objetivo de Aprendizaje 2

OA2: Identificar palabras y frases clave, expresiones de uso frecuente, vocabulario temático, conectores (*first, second, next, finally, or, because, before, after, too when, while*), en textos orales en diversos formatos o al participar en interacciones cotidianas y conversaciones en la clase.

I. Work and **ANSWER these** questions.

a. Do you know what it means being a healthy person?

b. What do you understand by fit?

II. **MATCH** the words and definition. Work in pairs and use our dictionary.

a. fit

b. healthy

c. sleep

d. breakfast

_____ to go into or be in the condition of rest.

_____ the first meal of the day.

_____ in good physical condition. In good health.

_____ having or enjoying good health.

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III. **WATCH** the following video and **UNDERLINE** the phrases present in it.

https://www.youtube.com/watch?v=_VczK2zV2sE

a. wake up early in the morning.

b. Get up late in the morning.

c. Go to school on time.

d. Do not eat breakfast.

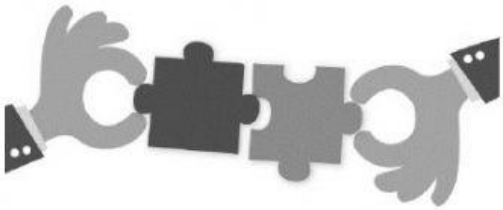
e. Food gives s energy to work.

f. Food does not give us energy to do our work.

g. Drink two glasses of water everyday.

IV. **WATCH** the video again. **TICK** ✔ the connectors that appear in the video.

a. first	
b. second	
c. next	
d. finally	
e. because	
f. or	
g. After	
h. when	
i. while	



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