

UNIT 2  
LESSON 4

ÚTILES RECOMENDADOS:

* Texto del estudiante 7° básico.
* Cuaderno de inglés o 2 hojas en blanco.
* Lápiz grafito y goma.
* Diccionario de Inglés físico / online <https://dictionary.cambridge.org/es/diccionario/espanol-ingles/>

SECTION 1: SETTING THE CONTEXT

Healthy Habits

**1. Read this statement and answer.**

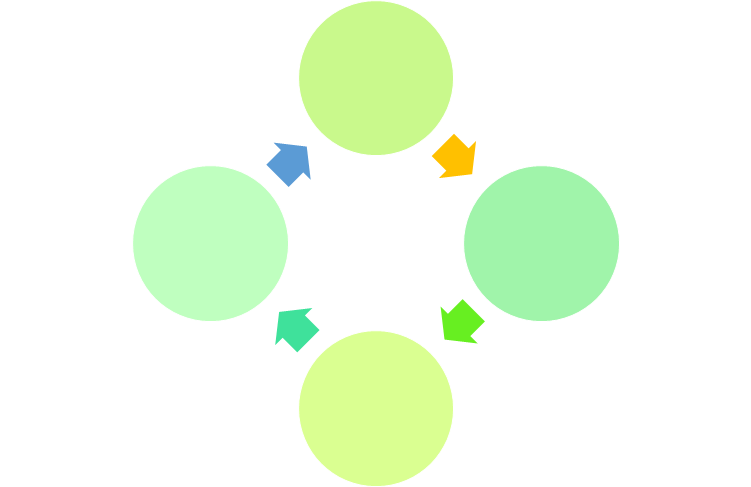
* Lee este enunciado y responde.

|  |
| --- |
| **“Taking care of your body is taking care of your mind”** |

|  |
| --- |
| ***\*\*todas las respuestas son correctas\*\**** |

1. Write 4 words that come to your mind.

Ejemplo de palabras: healthy, food, exercises, physical



b) How can you apply this statement to your life?

**Being concious that I need to have a healthy lifestyle.**

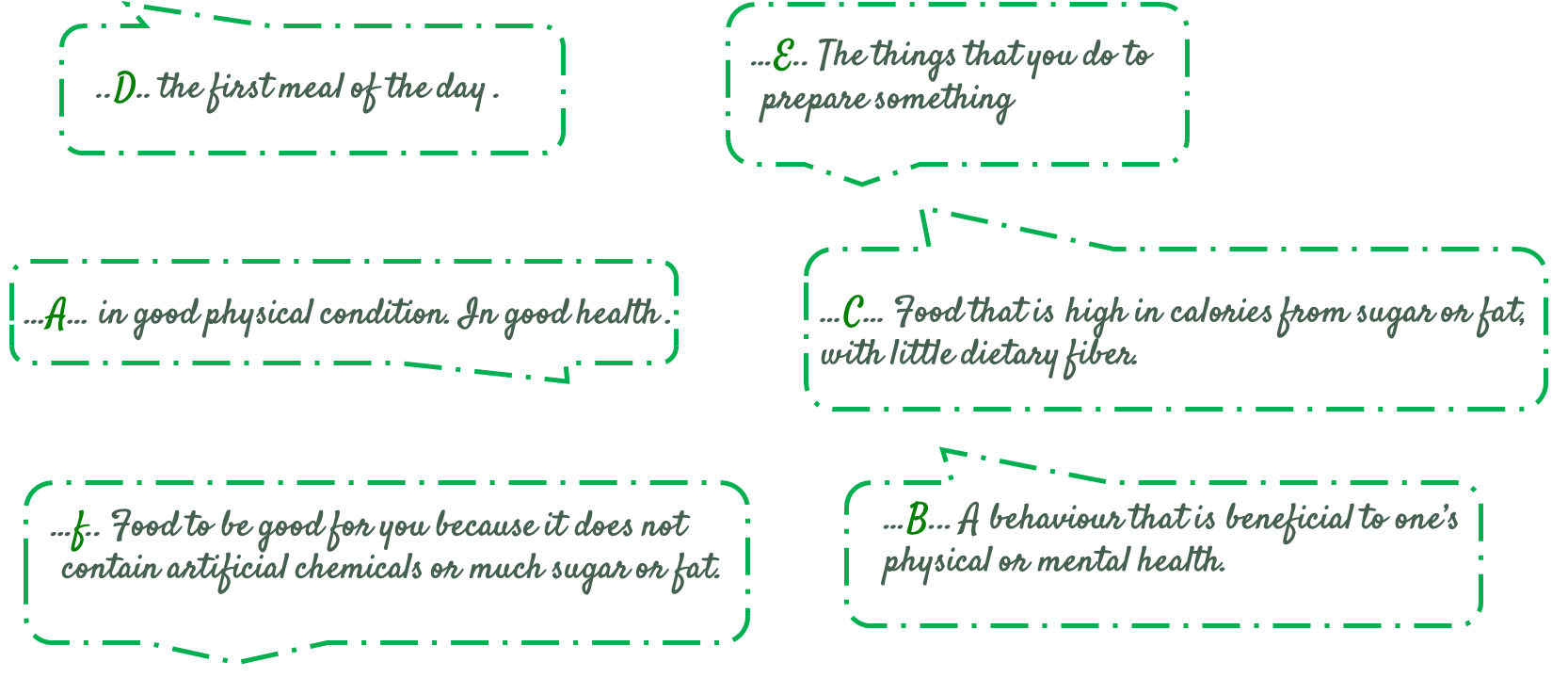
c) How should you take care of your body? Give an example

**Eating healthy food,doing physical exercises and avoiding stress.**

**2. Match the concepts with the correct pieces of information. You can use your dictionary.**

* Relaciona los conceptos con la información correcta. Puedes usar tu diccionario.

|  |
| --- |
| **A) to be fit B) healthy habit C) unhealthy food D) breakfast E) preparation F) healthy food** |



**3.**

**Read these sentences related to habits and decide if they are healthy (H) or unhealthy (U)**

* Lee estas oraciones relativas a hábitos y decide si son saludables (H) o no saludables (U).



***H***



***H***



***U***



***H***



***U***



***H***

a) You must eat fruits and vegetables.

b) I drink soda 3 times a day.

c) I practice yoga every morning.

d) You should eat pizza everyday.

e) I like to eat broccoli for lunch.

f) I don´t smoke.

SECTION 2: LET'S PRACTICE

Rachel and Roy

1. **Read the texts and underline all the food items.**

* Lee los textos y subraya las palabras relacionadas a alimentos.

|  |
| --- |
| **Rachel Hall**  “I usually skip breakfast and have chips, cookies, candy and soda for lunch. I buy it from school vending machines. After school, I often go to a take away restaurant for French fries, fried rice and egg rolls. Dinner at home tends to be much healthier – baked chicken and rice, grilled fish, salads… I know my mom would prefer that I eat healthier meals, but the fact is that I don’t have much time and junk food is often the quickest way to satisfy my hunger when I’m on the go and that’s common among busy teenagers.” |

|  |
| --- |
| **Roy Patel**  “I am a big fresh fruit eater, which is unusual, I admit, for a 15-year-old. I love citrus fruit, apples, nectarines, kiwi and mango. I never skip breakfast. For me it’s the most important meal of the day. At school I only eat soup and sometimes an apple. I usually come home around 3 o’clock and I have a vegetable salad. I know I do this thanks to my parents’ mealtime routines. When I eat out, I also try to choose healthy dishes, but sometimes I can’t resist some delicious desserts.” |

|  |
| --- |
| **Vocabulary**  Skip : saltar, evitar - Vending machine : máquina expendedora - Take away restaurant : comida para llevar - Hunger : hambre - On the go : en movimiento, ocupado/a  **Text taken from** <https://es.scribd.com/document/238223149/Teenagers-Eating-Habits> |

1. **Read the texts and write if the sentences are correct (C) or incorrect (I)**

* Lee los textos y escribe si las oraciones son correctas(C) o incorrectas (I)

a) Rachel is a healthy girl. **I**

b) Roy skips meals. **I**

c) Rachel's school sells junk food. **C**

d) Roy prefers junk food. **I**

e) Roy eats soup at school. **C**

f) Rachel always has breakfast. **I**

1. **Read the texts again and complete the table with a tick when corresponds.**

* Lee los textos nuevamente y completa la tabla con un ****cuando corresponda.

|  |  |  |
| --- | --- | --- |
|  | **Rachel** | **Roy** |
| **……. likes fresh fruits.** |  |  |
| **……. is 15 years old.** |  |  |
| **……. skips breakfast** |  |  |
| **……. goes to a take away restaurant.** |  |  |
| **…… doesn´t have much time to eat.** |  |  |
| **……. breakfast is the most important meal of the day.** |  |  |

1. **After reading the texts, answer in the table:**

* Después de leer los textos, responde en la tabla.

|  |
| --- |
| ***\*\*todas las respuestas son correctas, pues son personales\*\**** |

|  |  |  |
| --- | --- | --- |
| **Who do you identify with? Choose one** | **Give a reason for your choice.** | **Give 1 recommendation to them (Rachel- Roy).** |
| **Rachel** | * Ex. I usually skip breakfast | * Ex. You should have breakfast everyday |
| **Joy** |  |  |

SECTION 3: LET´S CONSTRUCT AND APPLY OUR KNOWLEDGE

Suggestions and obligations for a healthy lifestyle

**1. Identify which unhealthy habits you have. Make a list. Write at least 4.**

* Identifica tus hábitos no saludables. Haz una lista. Escribe al menos 4.

|  |
| --- |
| ***\*\*todas las respuestas son correctas, pues son personales\*\**** |

|  |
| --- |
| **My Unhealthy Habits**  **1 Example: I drink soda everyday**  **2……………………………………………………………………………………….**  **3……………………………………………………………………………………...**  **4……………………………………………………………………………………...** |

**2. Reflect on what you should do to change those unhealthy habits. Complete the table. Follow the example.**

* Reflexiona acerca de lo que tú deberías hacer para cambiar esos hábitos no saludables. Completa la tabla. Sigue el ejemplo.

|  |
| --- |
| ***\*\*todas las respuestas son correctas, pues son personales\*\**** |

|  |  |
| --- | --- |
| **My unhealthy habits** | **Changes** |
| **Example: I skip breakfast** | **I should have breakfast everyday** |
|  |  |
|  |  |
|  |  |
|  |  |

**3. Survey 4 members of your family or friends. Complete the table and give points according to it. Check the results.**

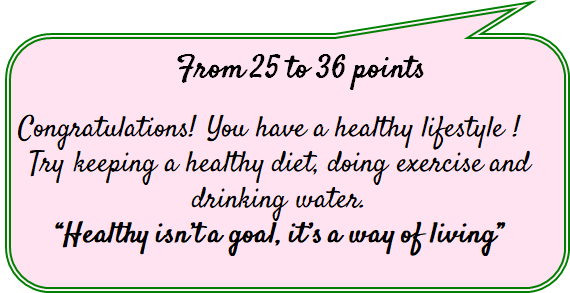
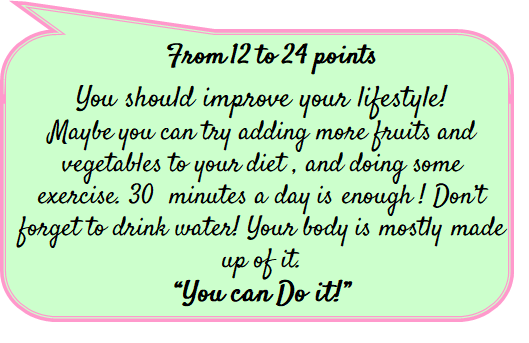
* Haz una encuesta a cuatro miembros de tu familia o amigos. Completa la tabla y asigna puntajes según ésta. Revisa los resultados.

|  |
| --- |
| ***\*\*todas las respuestas son correctas, pues son personales\*\**** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Always: Siempre** | **+6 points** | **Usually: Generalmente** | **+4 points** | **Almost never: Casi nunca** | **+2 points** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** | How often do you eat junk food? | How often do you do physical activity? | How often do you prepare healthy meals? | How often do you watch TV for more than 2 hours? | How often do you drink water? | How often do you play computer games for more than 3 hours? | **Total** |
| E.g. : Ricardo | Usually | Almost never | Usually | Almost never | Always | Usually | 22 |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Check the results!**



SECTION 4: EXTRA ACTIVITY

Taking care of our body and our mind

**1. Write 3 statements to motivate your friends to take care of their body and their mind.Include images to illustrate.**

* Escribe 3 enunciados para motivar a tus amigos a cuidar su cuerpo y su mente. Incluye imágenes para ilustrar.

|  |
| --- |
| ***\*\*todas las respuestas son correctas, pues son personales\*\**** |

|  |  |
| --- | --- |
| **Imagen que contiene dibujo  Descripción generada automáticamente** | **“I practice yoga and I feel great, you should do it too”** |

|  |  |
| --- | --- |
|  | **“............................................................................................................................................................................................................................................................................................................................................................................................................................................”** |

|  |  |
| --- | --- |
|  | **“.............................................................................................................................................................................................................................................................................................................................................................................................................................................”** |

Share them with your friends through social media and  **eodp\_chile /  Students in Action.**

SECTION 5: Digital Resources

Take a look at these links!

* h[ttps://www.healthlinkbc.ca/health-topics/](https://www.healthlinkbc.ca/health-topics/tn9188#tn9189)
* [Physical Activity for Children and Teens](https://www.healthlinkbc.ca/health-topics/aba5595#aba5596)
* [Helping Children With Disabilities Stay Active](https://www.healthlinkbc.ca/health-topics/abg6514#abg6515)
* <http://www.nourishinteractive.com/nutrition-games/childrens-educational-healthy-food-games>
* [Helping Your Child Build Inner Strength](https://www.healthlinkbc.ca/health-topics/aba5885#aba5886)

NO OLVIDAR REPASAR EL CONTENIDO CON UN ADULTO