

UNIT 2  
LESSON 3

## ÚTILES RECOMENDADOS:

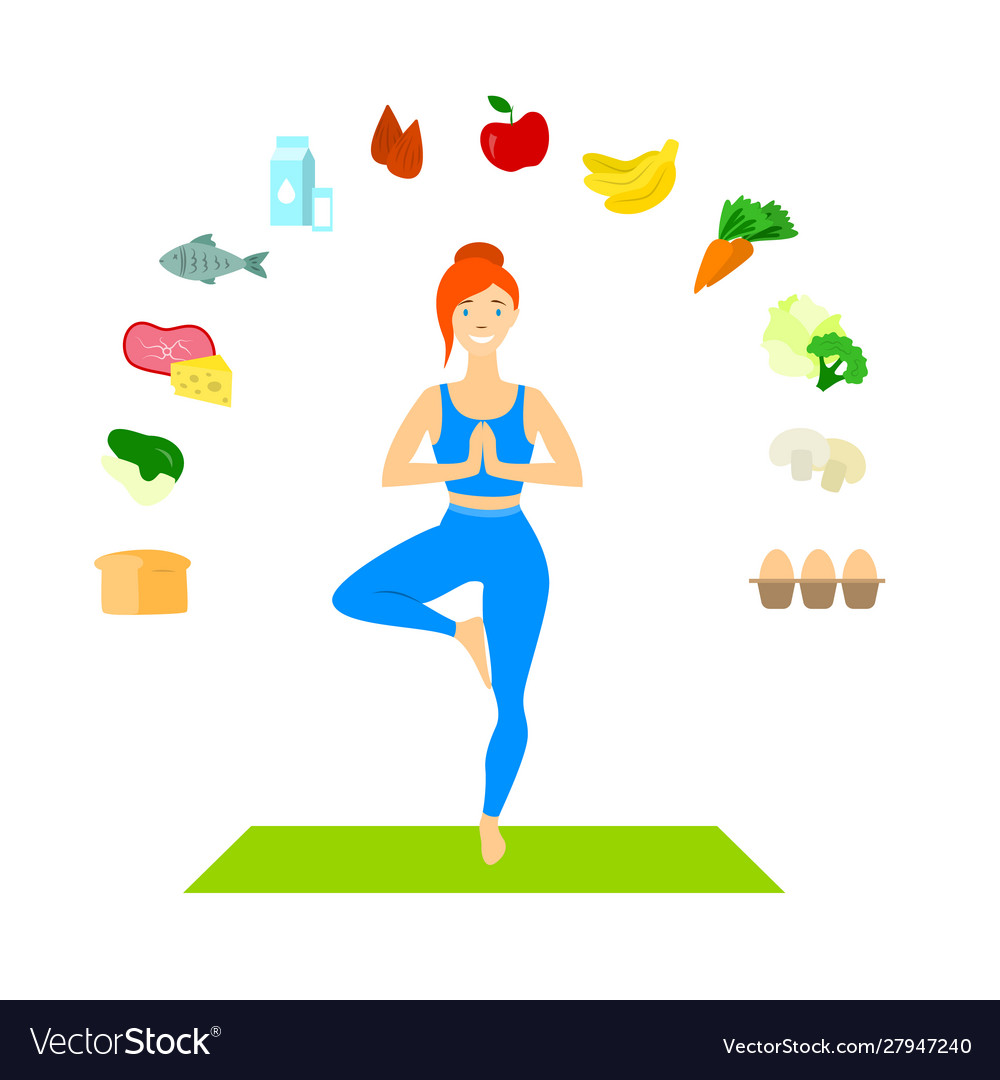
* Texto del estudiante 7° básico.
* Cuaderno de inglés o 2 hojas en blanco.
* Lápiz grafito y goma.
* Diccionario de Inglés físico / online <https://dictionary.cambridge.org/es/diccionario/espanol-ingles/>

## SECTION 1: SETTING THE CONTEXT

## Healthy Habits

**1. Observe the image and answer the questions.**

* Observa la imagen y responde las preguntas.



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| Questions | Answers |
| Do you think the girl is a healthy person? Why? | Yes, she is a healthy person. Because she exercises and eats healthy food. |
| What food items can you identify? Write at least 4. | Fish, eggs, carrots, broccoli, milk, apple, banana, bread, mushrooms, etc. |
| What kind of physical activities do you think the girl does? | I think she does yoga. |

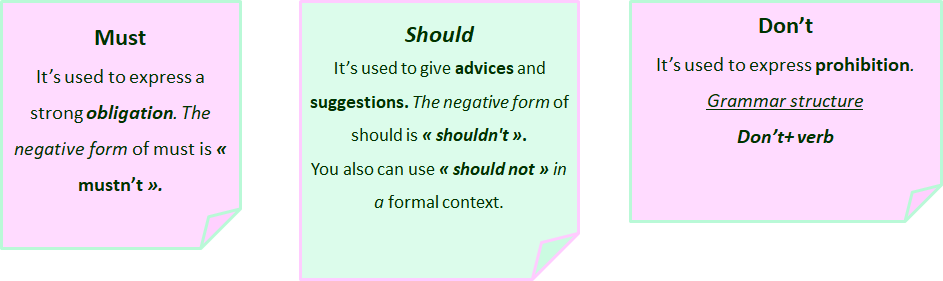
2**. You will identify 4 healthy habits recommendations, observe the images, and match them. Write the recommendation in the space given.**

* Identificarás 4 recomendaciones con hábitos saludables, observa las imágenes y relaciónalas. Escribe la recomendación en el espacio dado.

A) You must eat fruits. B) You should do physical activity.

C) Don´t smoke. D) You should drink 2 liters of water.

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|  |  |  |  |
| Don´t smoke | You should do physical activity | You should drink 2 litres of water | You must eat fruits |



**3. Answer these questions according to the previous activity. Write the corresponding letter.**

* Responde estas preguntas según la actividad previa. Escribe la letra correspondiente.

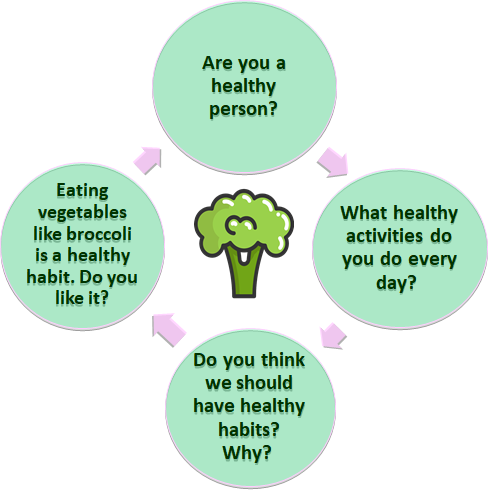
|  |
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| A) You must eat fruits. B) You should do physical activity. C) Don´t smoke.  D) You should drink 2 liters of water. |

* Which instruction expresses obligation? A
* Which instruction expresses prohibition? C
* Which instruction expresses suggestion? B and D

**4. Answer these questions about you.**

* Responde estas preguntas acerca de ti.

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| ***\*\*Respuesta abierta\*\**** |



I run every day.

Yes, I am a healthy person.

Yes, it is a healthy habit, but I don't like it.

Yes, I think we should because it helps us to have a better quality of life.

## SECTION 2: LET´S PRACTICE

## Poem

1. **Read the poem and underline the words you don´t know. Look them up in the dictionary.**

* Lee el poema y subraya las palabras que no conoces. Búscalas en el diccionario.

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| ***\*\*Respuesta abierta\*\**** |

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| My favorite food is broccoli.  I eat it every day.  There isn’t any other food  that makes me feel this way.  It makes me feel so healthy.  It makes me look so cute.  But, mostly, I like broccoli  because it makes me more astute.  **Poem adapted and taken from** [**https://www.poetry4kids.com/poems/my-favorite-food-is-broccoli/**](https://www.poetry4kids.com/poems/my-favorite-food-is-broccoli/) |

**2. Read the poem again and write a title for it.**

* Lee el poema nuevamente y escribe un título para este.

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| ***\*\*Respuesta abierta\*\**** |

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| “ Oh, My Broccoli!! ” |

**3. Find in the poem words that rhyme. Example: *day - way***

* Encuentra en el poema palabras que rimen. Ejemplo: day - way

day and way / cute and toot

4. **Write a new stanza of 4 lines for the poem in the space given.**

* Escribe una nueva estrofa de 4 versos para el poema en el espacio dado.

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| ***\*\*Respuesta abierta\*\**** |

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| My favorite food is broccoli.  I eat it every day.  There isn’t any other food  that makes me feel this way.  It makes me feel so healthy.  It makes me look so cute.  But, mostly, I like broccoli  because it makesme more astute.  My favorite food  It makes me special  It makes me rude  Broccoli is my favorite food |

## SECTION 3: LET´S CONSTRUCT AND APPLY OUR KNOWLEDGE

## Suggestions and obligations for a healthy lifestyle

**1. Read the sentences expressing obligation and suggestion and correct them. Use words from the box to help you.**

* Lee las oraciones que expresan obligación y sugerencia y corrígelas. Usa palabras del cuadro para ayudarte.

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| should shouldn´t must mustn´t |

a) You shouldn't do physical exercise.

***Example :* You should do physical exercise.**

b) You must drink sodas.

*You mustn't drink sodas.*

c) You mustn't eat fruits.

*You must eat fruits.*

d) You should eat pizza every day.

*You shouldn't eat pizza every day.*

e) You should use your cellphone for long hours each day.

*You shouldn't use your cellphone for long hours each day.*

f) You mustn´t respect other people.

*You must respect other people.*

**2. Write 5 sentences about habits a friend must have a healthy lifestyle. Complete them in the chart.**

* Escribe 5 oraciones con hábitos que un amigo debe tener para un estilo de vida saludable. Escríbelos en el cuadro.

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| ***\*\*Respuesta abierta\*\**** |

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| ***Example: You must eat fruits and vegetables every day.***     1. *You must exercise everyday.* 2. *You must drink milk and water.* 3. *You must sleep at least 8 hours every night.* 4. *You must eat green vegetables.* 5. *You must do outdoor activities.* |

**3. Write 5 sentences about habits a friend mustn’t have a healthy lifestyle. Write them in the chart.**

* Escribe 5 oraciones con hábitos que un amigo no debe tener en un estilo de vida saludable. Escríbelos en el cuadro.

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| ***\*\*Respuesta abierta\*\**** |

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| ***Example: You mustn't eat junk food.***     1. *You mustn't smoke.* 2. *You mustn't drink alcohol.* 3. *You mustn´t only play with your computer.* 4. *You mustñ´t eat too much sugar.* 5. *You mustn't only stay in bed all day long.* |

**4. Write your own poem giving suggestions for having a healthy lifestyle. You can choose your favorite food item or your favorite physical activity. Include images and help you with all the previous activities.**

* Escribe tu propio poema dando sugerencias para tener un estilo de vida saludable. Puedes elegir tu alimento favorito o tu actividad física favorita. Incluye imágenes y ayúdate con todas las actividades previas.

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| ***\*\*Respuesta abierta\*\**** |

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| **title: Sweet apples**    *Apples juicy,*  *Apples round,*  *On the tree or the ground,*  *Apple green,*  *Apple red.*  *Apple sweet to eat.*  ***Written by……………….*** |

## SECTION 4: EXTRA ACTIVITY

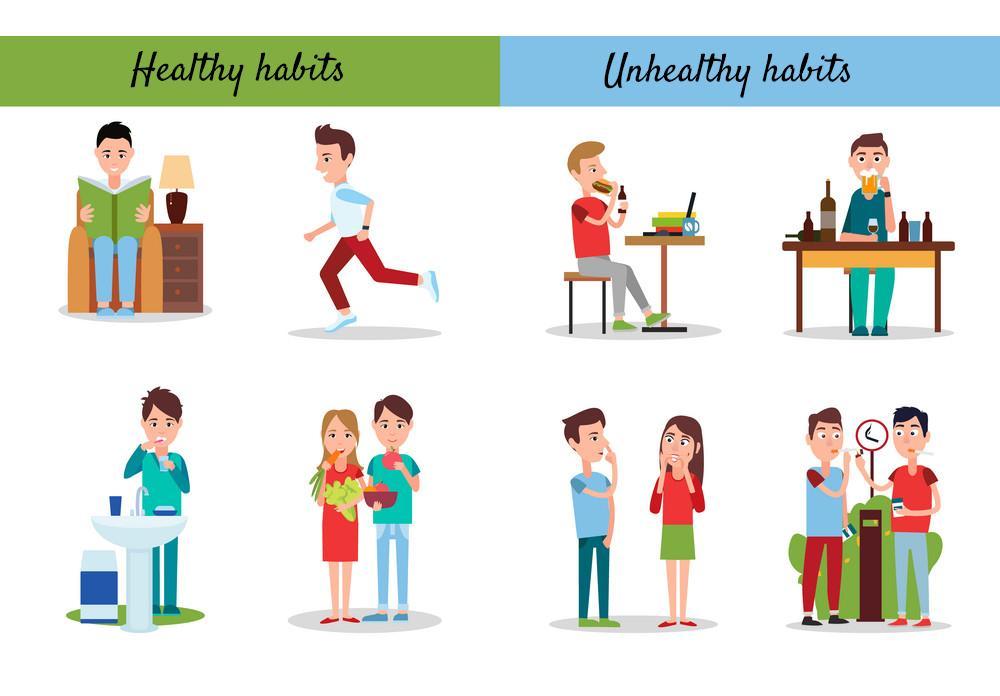
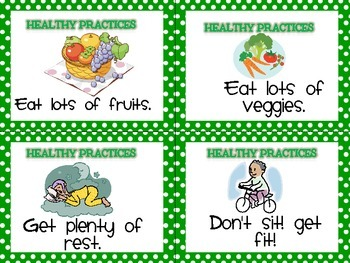
## My poster

**Create a poster about “Healthy habits” to encourage your family and friends to be healthy. Follow these steps:**

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| ***\*\*Respuesta abierta\*\**** |

* Use images to express your ideas
* Write a title
* Express “Suggestions”, “Obligations” or “Prohibitions” in your poster
* Use vocabulary related to food and physical activities

Examples:



* It has a message.
* It has a creative way to present the information.
* It has colors.
* It has the precise information.

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

SECTION 5: DIGITAL RESOURCES

Take a look at these links!

In addition, there are several online rhyming dictionaries. Here are a couple of the best:

* Online Rhyming Dictionary <https://www.poetry4kids.com/>
* RhymeZone Online Rhyming Dictionary <https://www.rhymezone.com/>

## NO OLVIDAR REPASAR EL CONTENIDO CON UN ADULTO