

# UNIDAD 3LESSON 1

## ÚTILES

* Texto del estudiante de 3° medio.
* Diccionario de inglés.
* Lápices.
* Cuaderno de asignatura.

## ICONS FOR ACTIONS



## SECTION 1: SETTING THE CONTEXT:

Hello everyone! Welcome to unit number 3. In this unit we will cover the topic of **good health** by considering the current context.

1. **Look at the picture and answer the following questions.**



1. **Which of the images in the picture reflect your lifestyle?**

The avocadoes and bananas. The basketball images also reflect my lifestyle because I love sports.

1. **What would you add to the image to reflect a healthy lifestyle?**

I would add a glass of natural fruit juice, and a bicycle.

1. **Do you have a healthy lifestyle? If so, can you tell us why/why not?**

Yes, I do. I take walks and avoid eating junk food.

No, I do not. I do not like exercising or eating just fruit and vegetables.

1. **What about doing things like exercising, avoiding too much sugar or relaxing to feel good? Do you do any of these? Please explain.**

Yes, I do. I try to stay healthy and strong.

No, I do not. I prefer enjoying without worrying about those too much.

1. **Many times, doctors and therapists have talked about the importance of taking care of ourselves by avoiding or promoting certain actions in daily life. Read the following words/phrases and classify them into the following chart:**

|  |
| --- |
| Super foods – jogging – mindfulness – workout – daily treats - soreness – smoking – practice yoga – feeling stressed – always eat breakfast – sleeping well – avoid medical care- take morning walks – high calorie snacks - fun breaks – overthinking - salty food |

|  |  |
| --- | --- |
| **Good health habits** | **Bad health habits** |
| Super foods Jogging - always eat breakfastMindfulness - sleeping wellWorkout - take morning walksPractice yoga- fun breaks | Smoking - salty foodfeeling stressed – avoid medical carehigh calorie snackssorenessoverthinking |

## SECTION 2: LET´S PRACTICE

1. Read the following text about superfoods and then complete the chart with the words from the box:



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| Increases flexibility - Chia - Good Sleeping - Beetroot - Brain fitness - Prevent soreness - Prevent stress - Seaweed - Diet |

|  |  |  |
| --- | --- | --- |
| Superfood examples | Benefits for the body (Physical health) | Benefits for the mind (Mental health) |
| Chia  | Diet  | Good Sleeping  |
| Beetroot  | Prevent soreness  | Prevent stress |
| Seaweed  | Increases flexibility | Brain fitness |

1. **Read the following statements and write if you “agree” (A) or disagree (D) according to your opinion:**

(The students answers may vary)

A \_\_\_A\_\_\_ Some of the benefits of practicing sports are feeling good and staying in shape.

B \_\_A\_\_\_\_ Some food like avocado, chia and pomegranate help to keep brain’s fitness.

C \_\_\_A\_\_\_ Feeling stressed and anxious can affect your brain.

D \_\_\_D\_\_\_ Life expectancy only depends on good sleep habits.

E \_\_\_D\_\_\_ Having a diet just refers to eating fruit and vegetables.

F \_\_\_D\_\_\_ Mindfulness and yoga are just for children or young people.

1. **How many “agree” or “disagree” statements did you subscribe? Do you agree with all of them? Choose 3 of them and complete the sentences:**
* I agree with sentence \_\_A\_ because\_\_sports help to keep my body and mind healthy.
* I disagree with sentence \_\_D\_\_\_because\_\_it depends on the way someone takes care of themselves.

* I think sentence\_\_\_C\_\_ is right because\_\_\_they can trigger dangerous physical and mental responses.

1. **Read Roberto´s description about his healthy habits over the COVID-19 pandemic and complete the missing vocabulary with words from this worksheet. Pay attention to the letter clue 😉.**



Over the COVID-19 pandemic, I have made big efforts to keep a HEALTHY lifestyle. Every morning, I wake up at 8:00, I have breakfast, and I do EXERCISES to stretch my muscles and be FLEXIBLE. After that I have bread and milk for breakfast, and I always eat AVOCADO which is a super food. I care a lot about my DIET because this can prevent STRESS which is bad for my productivity. I additionally, SLEEP from 7 to 8 hours a day.

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

1. **Can you name some of the activities you are doing to keep a good mental health during the quarantine?**
2. I eat healthy and I do plenty of exercise to keep fit
3. I try not to be connected the whole day on the computer, so I read and do some manual activities in my free time.
4. I try to keep my normal routine with small adaptations. For example, I get up at 8:30 every morning and I shower, then at night I go to bed at 23:30.
5. **A healthy lifestyle has both short- and long-term health benefits. Can you list some of them? Use the vocabulary from the worksheet to help yourself.**

|  |  |
| --- | --- |
| **Short term health benefit**  | **Long term health benefit** |
| For example: * Better health makes you feel strong.
* You will improve your concentration and memory.
* You will increase your body´s resistance power.
 | For example: * It helps you live longer.
* It will improve your strength and flexibility.
* It will boost your immune system.
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