

# 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?**
2. **What would you add to the image to reflect a healthy lifestyle?**
3. **Do you have a healthy lifestyle? If so, can you tell us why/why not?**

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1. **What about doing things like exercising, avoiding too much sugar or relaxing to feel good? Do you do any of these? Please explain.**
2. **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:**

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| --- |
| 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 |

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| --- | --- |
| **Good health habits** | **Bad health habits** |
|  |  |

## 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 |

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| --- | --- | --- |
| Superfood examples | Benefits for the body (Physical health) | Benefits for the mind (Mental health) |
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1. **Read the following statements and write if you “agree” (A) or disagree (D) according to your opinion:**

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

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

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

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

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

F \_\_\_\_\_\_ 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 \_\_\_ because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* I disagree with sentence \_\_\_\_\_because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* I think sentence\_\_\_\_\_ is right because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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 H\_\_\_\_\_\_ lifestyle. Every morning, I wake up at 8:00, I have breakfast, and I do E\_\_\_\_\_\_ to stretch my muscles and be F\_\_\_\_\_\_. After that I have bread and milk for breakfast, and I always eat A\_\_\_\_\_\_ which is a super food. I care a lot about my D\_\_\_\_\_ because this can prevent S\_\_\_\_\_\_ which is bad for my productivity. I additionally, S\_\_\_\_\_ 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?**

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2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **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.**

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| --- | --- |
| **Short term health benefit**  | **Long term health benefit** |
| For example: * Better health makes you feel strong.
 | For example: * It helps you live longer.
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