



Colegio Sol de Chile  
Lo Espejo- Santiago  
Departamento de Inglés  
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## **English Handout**

### **“Healty Habits”**

<b>Name:</b>
<b>Grade:</b>
<b>Date:</b>
<b>E-mail o Red Social:</b>
<b>Nombre y Teléfono de contacto (Apoderado)</b>

#### **Instrucciones:**

- Para esta guía en el ítem 1 y 2 de vocabulario la idea es que lo hagas con tus recuerdos de 6to básico, de no ser así, te puede apoyar del diccionario.
- Para el ítem de grammar debes componer las acciones agregando ing y poniendo su definición en español.
- En la comprensión lectora deberás marcar la alternativa correcta leyendo cuidadosamente.
- Finalmente, deberás escribir 3 oraciones de como podrías mejorar y hacer tu vida más saludable en casa.
- Recuerda mantener esta guía en una funda o carpeta con todos los datos que se piden al principio, destinado solamente para la asignatura de Inglés para que no se confunda con otras asignaturas.

Saludos cordiales

Miss Nicole Lacourt

**Objetivos:**

**OA9:** Demostrar comprensión en ideas generales e información explícita en textos adaptados y auténticos simples, en formato impreso o digital, acerca de temas variados (como experiencias personales, temas de otras asignaturas, del contexto inmediato, de actualidad e interés global o de otras culturas) y que contienen las funciones del año.

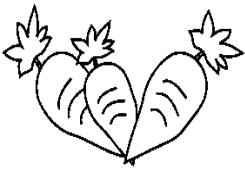
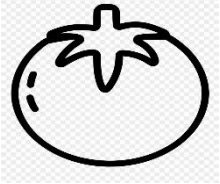


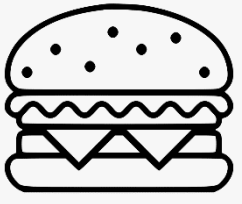
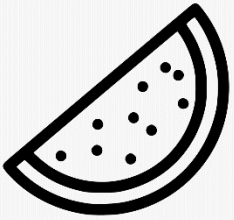
**-Contenido:** Food and Healthy Activities

**-Habilidad o Eje del idioma:** Comprensión Lectora y Expresión Escrita

**-Procedimental:** Ordenar ideas e identificar vocabulario mediante imágenes.

**-Actitudinal:** Demostrar respeto ante otras personas, realidades o culturas, reconociendo sus aportes y valorando la diversidad de modos de vida.

- I. **Inicio:** Look at the following food, paint and write its names in English, you can use a dictionary but try to do it first with your own memories:

 _____	 _____	 _____
 <b><u>strawberry</u></b>	 _____	 _____

II. **Desarrollo:**

- a) **Vocabulary:** For this Unit, you will need to use the dictionary and give some examples according to each section. Write 10 food for each section. Look at the examples:

<u>Healthy food</u>	<u>Junk Food or Fast Food</u>
<ul style="list-style-type: none"><li>• <u>Fruit (10):</u> Banana,</li> <li>• <u>Vegetables (10):</u> Lettuce,</li> <li>• <u>Homemade Food (10):</u> rice,</li></ul>	<p><u>(10) :</u> -Hot dog -soda</p>

b) **Grammar Point:**

Actions with ing as subject

We will add ing to the actions to make them the subject of a sentence:  
Agregando ing a la acción, le daremos importancia y la transformaremos en sujeto de la oración.

Example:

(Read = leer) Reading is good for your mind.

(Eat=comer) Eating salad at lunch is healthy for your body.

(Practice=Practicar) Practicing sports one for week is ideal for your health.

- Add “ing” to the following actions and write their meaning in Spanish

Example:

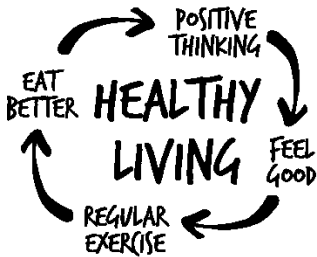
- Run –running= correr

1. Do \_\_\_\_\_ = \_\_\_\_\_
2. Cook \_\_\_\_\_ = \_\_\_\_\_
3. Prepare \_\_\_\_\_ = \_\_\_\_\_
4. Walk \_\_\_\_\_ = \_\_\_\_\_
5. Play \_\_\_\_\_ = \_\_\_\_\_
6. Bake \_\_\_\_\_ = \_\_\_\_\_
7. Jog \_\_\_\_\_ = \_\_\_\_\_
8. Go \_\_\_\_\_ = \_\_\_\_\_
9. Climb \_\_\_\_\_ = \_\_\_\_\_
10. Make \_\_\_\_\_ = \_\_\_\_\_

### c) Reading Comprehension

#### Healthy Habits That Promote Wellness

*From Littleworksheets.com*



As humans, we develop habits that we follow throughout life. These habits save us time and mental energy, allowing us to perform many actions without using concentrated thought. While many of the typical person's habits are healthy, most of us also develop a number of unhealthy habits over time. Conscious effort is necessary to adopt a new habit or change an unhealthy habit to a more beneficial one.

#### **A Nutritious Diet**

One of the most important healthy habits is to follow a nutritious diet each day. Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruits and vegetables. Drink plenty of water and avoid sodas and foods high in cholesterol, saturated fats and sugars. Avoid eating large portions, and eat only when you are hungry, never because you are bored, emotionally taxed or stressed. A regular, nutritious diet is important to your physical health.

#### **Adequate Sleep**

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. Sleep in a dark room without distractions such as music or other noise. If you regularly have difficulty falling or staying asleep, ask your physician about other ways to relax before bedtime. Regular Exercise The human body requires regular exercise for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure. Stress Management When life gets hectic; many individuals fail to develop healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.



- **Answer:**

**1. Which of the following is NOT a healthy habit?**

- a) Regular exercise
- b) Adequate sleep
- c) Smoking
- d) Playing with friends

**2. According to doctors, we should sleep in a**

- a) Dark room
- b) Noisy room
- c) A room in which music is being played
- d) Doesn't matter

**3. Which of the following is an Unhealthy habit?**

- a) Working hard
- b) Managing your stress
- c) Drinking soda
- d) Eating clean food

**4. Which of the following helps us in reducing stress?**

- a) Talking to friends about the situation
- b) Watching a movie with loved ones
- c) Reading books or playing games
- d) All of the above

**III. Cierre:**

Using **ing** create 3 sentences of promises you could be have a Heathy Life from now.

**Example:**

Doing yoga helps me to sleep better

1. \_\_\_\_\_

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

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