



Colegio Ciudad Educativa
Educación parvularia, básica y media
RBD 18028-9
Camino a Las Mariposas N° 4109
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Chillán

“Unit 3 Lesson 1 Vocabulary”

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| Profesor(a): | Paulina Pereira Vasquez | | |
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| Instagram: | miss_paulina_pereira | | |
| Curso | 3ro medio A - B | Fecha máxima de envío | Lunes 12 de octubre 18:00 hrs |
| Objetivo de aprendizaje: | Revisar e introducir vocabulario sobre la salud y la vida moderna en el mundo a través de actividades de organización de información, inferencia, selección y aplicación de vocabulario. | | |
| Instrucciones: | Siguiendo las instrucciones de cada actividad, completa los ejercicios en Inglés y con letra clara. Si tienes dudas ingresa a la página de Instagram del teacher Arol (@teacher_arol) y busca el video correspondiente a tu curso y a la guía Unit 3 lesson 1... para una explicación más detallada. Al finalizar tu trabajo, envía tus fotografías de manera vertical, lo más claro posible y recuerda ESCRIBIR TU NOMBRE APELLIDO Y CURSO en cada hoja. 1 foto por hoja. | | |

Name: _____ Grade: _____

Instagram: _____ E-mail: _____

UNIT 3 LESSON 1

Puntaje obtenido:

Puntaje total: 94 puntos

Nota:

ÚTILES

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

ICONS FOR ACTIONS

Icons for actions



READING



SPEAKING



WRITING



REFLECTING



Name: _____ Grade: _____

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.



a. Which of the images in the picture reflect your lifestyle? (2 points)

b. What would you add to the image to reflect a healthy lifestyle? (3 points)

c. Do you have a healthy lifestyle? If so, can you tell us why/why not? (4 points)

d. What about doing things like **exercising**, **avoiding** too much **sugar** or **relaxing** to feel good? Do you do any of these? Please explain. (4 points)



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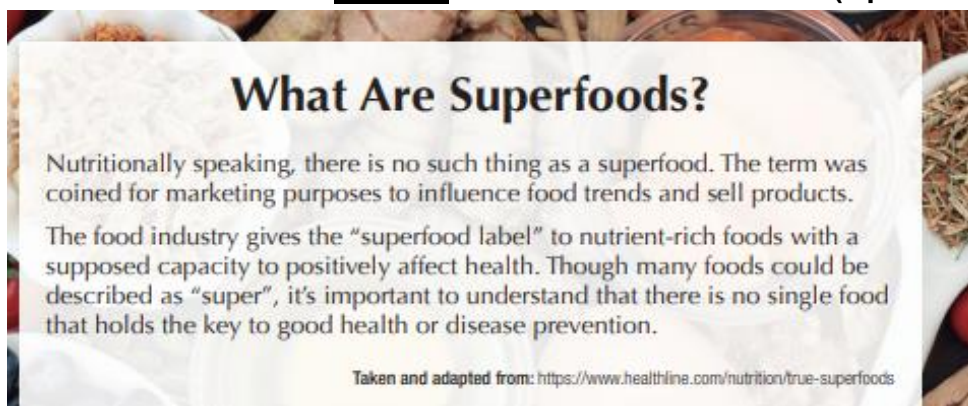
2.-Many times, doctors and therapists have talked about the importance of taking care of ourselves by avoiding or promoting certain actions in daily life. Read the following words/phrases and classify them into the following chart **REWRITING THEM** (2 points each)

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 |
|--------------------|-------------------|
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SECTION 2: LET'S PRACTICE

3.-Read the following text about superfoods and then complete the chart with the words from the box: **Rewrite** them. (2 points each)



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) |
|--------------------|---|---------------------------------------|
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Name: _____ Grade: _____

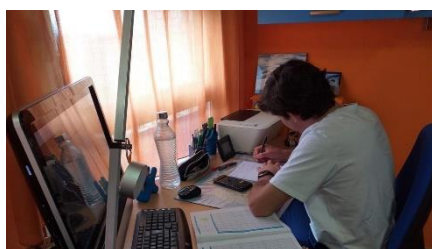
4.-Read the following statements and write if you “agree” (A) or disagree (D) according to your opinion: (1 point each)

- 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.

5.-How many “agree” or “disagree” statements did you subscribe? Do you agree with all of them? Choose 3 of them and complete the sentences: (3 points each)

- I agree with sentence ____
because_____.
- I disagree with sentence ____
because_____.
- I think sentence_____ is right
because_____.

6.-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 😊. (2 points each)



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.