



Colegio Ciudad Educativa  
Educación parvularia, básica y media  
RBD 18028-9  
Camino a Las Mariposas N° 4109  
Fono: +56 9 961 920 32  
Chillán

### “Unit 2 lesson 4 Review”

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<b>Instagram:</b>	<b>miss_paulina_pereira</b> <b>mrspatriciafuentes</b>		
<b>Curso</b>	7mo A (mrs Paty) 7mo B (miss Paulina)	<b>Fecha máxima de envío</b>	Lunes 16 de noviembre 18:00 hrs
<b>Objetivo de aprendizaje:</b>	Aplicar lo aprendido a través del reconocimiento de vocabulario, selección de información relevante y expresión de hábitos de vida saludable para conectarlos con sus actividades diarias y experiencias personales.		
<b>Instrucciones:</b>	Lea las instrucciones de cada Item y complete las actividades con letra clara y ordenada. <b>COMPLETE SU NOMBRE Y CURSO EN CADA HOJA</b> y en la primera escriba su correo electrónico y/o Instagram. Envíe fotografías de su trabajo resuelto a la profesora correspondiente, tenga cuidado de que la imagen sea clara y en posición vertical. <b>1 FOTO POR HOJA.</b> Revisen el Instagram del <b>Teacher Arol (@teacher_aryl)</b> para resolver dudas en el video explicativo.		

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Instagram: \_\_\_\_\_ E-mail: \_\_\_\_\_

## UNIT 2 LESSON 4

Puntaje obtenido:  
Puntaje ideal: 58 puntos  
Nota:

### 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/>



Name: \_\_\_\_\_ Grade: \_\_\_\_\_

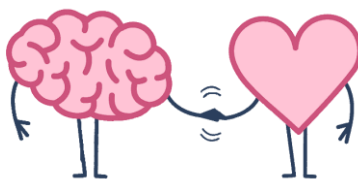
## SECTION 1: SETTING THE CONTEXT

### Healthy Habits

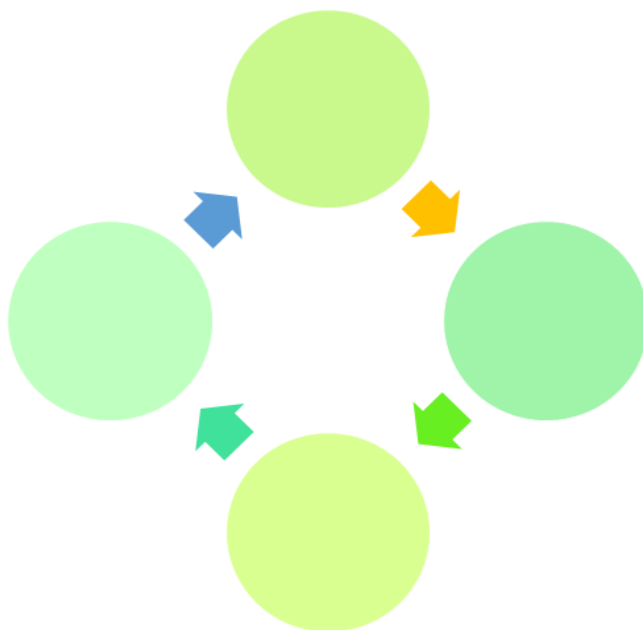
**1. Read this statement and answer.**

- Lee este enunciado y responde.

**"Taking care of your body is taking care of your mind"**



a) Write 4 words that come to your mind. (4 points)



b) How should you take care of your body? Give an example ( 2 points)

.....  
.....



Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**2. Match the concepts with the correct pieces of information. You can use your dictionary. (1 point each)**

- Relaciona los conceptos con la información correcta. Puedes usar tu diccionario.

A) to be fit    B) healthy habit    C) unhealthy food  
D) breakfast    E) preparation    F) healthy food

..... the first meal of the day.

..... Food to be good for you because it does not contain artificial chemicals or much sugar or fat.

..... in good physical condition. In good health.

..... Food that is high in calories from sugar or fat, with little dietary fiber.

..... A behaviour that is beneficial to one's physical or mental health.

..... the things that you do to prepare something

**3. Read these sentences related to habits and decide if they are healthy (H) or unhealthy (U) (1 point each)**

- Lee estas oraciones relativas a hábitos y decide si son saludables (H) o no saludables (U)

- a) You must eat fruits and vegetables.
- b) I drink soda 3 times a day.
- c) I practice yoga every morning.
- d) You should eat pizza every day.
- e) I like to eat broccoli for lunch.
- f) I don't smoke.



Name: \_\_\_\_\_ Grade: \_\_\_\_\_

## SECTION 2: LET'S PRACTICE

### Rachel and Roy

#### I Hall

"I usually skip breakfast and have chips, cookies, candy and soda for lunch. I buy it from school vending machines. After school, I often go to a take away restaurant for French fries, fried rice and egg rolls. Dinner at home tends to be much healthier – baked chicken and rice, grilled fish, salads... I know my mom would prefer that I eat healthier meals, but the fact is that I don't have much time and junk food is often the quickest way to satisfy my hunger when I'm on the go and that's common among busy teenagers."



Rache

#### Roy Patel

"I am a big fresh fruit eater, which is unusual, I admit, for a 15-year-old. I love citrus fruit, apples, nectarines, kiwi and mango. I never skip breakfast. For me it's the most important meal of the day. At school I only eat soup and sometimes an apple. I usually come home around 3 o'clock and I have a vegetable salad. I know I do this thanks to my parents' mealtime routines. When I eat out, I also try to choose healthy dishes, but sometimes I can't resist some delicious desserts."



#### Vocabulary

Skip : saltar, evitar - Vending machine : máquina expendedora - Take away restaurant : comida para llevar - Hunger : hambre - On the go : en movimiento, ocupado/a

### 4.-Read the texts and write if the sentences are correct (C) or incorrect (I) ( 1 point each)

- Lee los textos y escribe si las oraciones son correctas(C) o incorrectas (I)

- a) Rachel is a healthy girl. \_\_\_\_\_
- b) Roy skips meals. \_\_\_\_\_
- c) Rachel's school sells junk food. \_\_\_\_\_
- d) Roy prefers junk food. \_\_\_\_\_
- e) Roy eats soup at school. \_\_\_\_\_
- f) Rachel always has breakfast. \_\_\_\_\_



Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**5.-Read the texts again and complete the table with a tick ✓ when corresponds. ( 1 point each)**

- Lee los textos nuevamente y completa la tabla con un ✓ cuando corresponda.

	Rachel	Roy
..... likes fresh fruits.		✓
..... is 15 years old.		
..... skips breakfast		
..... goes to a take away restaurant.		
..... doesn't have much time to eat.		
..... breakfast is the most important meal of the day.		

**6.- Survey 4 members of your family or friends. Complete the table and give points according to it. Check the results. (1 point each)**

- Haz una encuesta a cuatro miembros de tu familia o amigos. Completa la tabla y asigna puntajes según ésta. Revisa los resultados.

Always: Siempre	+6 points	Usually: Generalmente	+4 points	Almost never: Casi nunca	+2 points
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Name	How often do you eat junk food?	How often do you do physical activity?	How often do you prepare healthy meals?	How often do you watch TV for more than 2 hours?	How often do you drink water?	How often do you play computer games for more than 3 hours?	Total
E.g. : Ricardo	Usually	Almost never	Usually	Almost never	Always	Usually	22



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## Check the results!

### *From 12 to 24 points*

*You should improve your lifestyle!  
Maybe you can try adding more fruits and  
vegetables to your diet, and doing some  
exercise. 30 minutes a day is enough! Don't  
forget to drink water! Your body is mostly made  
up of it.  
"You can Do it!"*

### *From 25 to 36 points*

*Congratulations! You have a healthy lifestyle!  
Try keeping a healthy diet, doing exercise and  
drinking water.  
"Healthy isn't a goal, it's a way of living"*