



Worksheet N° 4 Unit 2 :«Healthy habits around the worl»

Asignatura: Idioma extranjero Inglés

Curso: 7th grade

Objetivo:

- Identificar ideas generales e información explícita en textos orales adaptados y auténticos simples, literarios, en formato auditivo.

Apellido Paterno: _____

Apellido Materno: _____

Nombres: _____

RUT: _____

Instrucciones generales

1. Lee cuidadosamente (read carefully) cada instrucción.
2. Asegúrate de completar cada paso antes de iniciar el siguiente.
3. Encontrarás palabras en paréntesis "... (hablar)", son el significado en español de la palabra que le antecede. E.g: The **dog** (perro) is barking.

1. Part one: Practicing vocabulary!!

- a. **Match** (une) the words in column A with its **meaning** (significado) in column B

Column A	Column B
1. Junk food	A- ___Eating is very important to be in shape and to have better health in general.
2. Fast Food	B- ___Food that has little to no nutritional value and causes negative effects on your health is called.
3. Healthy food	C- ___a set of actions such as physical exercise, and balanced feeding which help people keep healthy.
4. Healthy habits	D- ___receives its name because it is usually prepared and served in a matter of minutes.

- b. Circle (encierra en un círculo) **should** or **shouldn't** for each sentence, so it becomes a usefull advice (consejo útil)

- 1- Pedro **shouldn't / should** eat more French fries, it has a lot of fat.
- 2- Marta **should / shouldn't** walk 30 minutes every day, is good for health.
- 3- As traditional snacks are too salty, you **should / shouldn't** prepare it yourself.
- 4- Alcohol produces depression, which is why you **shouldn't / should** drink it.



Escuela Municipal "Villa Alegre"

Mr. Huencho/ Mr. Díaz

Before Listening:

- What is a documentary?
- Look at the pictures and discuss the meaning.



- Have you ever **heard** (escuchado) about Amsterdam? In which country is it located?

- What do you think is the next audio about?

While reading:

- Read (lee) the following incomplete statements (oraciones).
- Listen to (escucha) the following audio documentary about healthy habits in Amsterdam and complete the statements with the words from the box.

Exercise - Traffic Lights - Bicycle - Exclusive Roads
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- In Amsterdam more than 70% of all trips are done in _____
- Those _____ are an exception, because they are not everywhere.
- Bicycles even have their own _____
- Using a bicycle every day is an excellent form of _____

After Listening: Answer the following questions according to the text.

- What is the audio about?
 - About how useful are traffic light to control cycling
 - About how people from Amsterdam transformed a need into a healthy habit.
 - About the benefits of using a bicycle instead of a car.
 - B and C
- What is the purpose of the audio documentary?
 - To entertain the listener, talking about bicycles.
 - To establish a difference between Temuco and Amsterdam.
 - To persuade the listener about travelling to Amsterdam.
 - To inform the listener about a healthy habit from other city.