



Puntaje Total: 16 Ptos.
Puntaje Obtenido: ___ Ptos

NOTA:

Liceo Poeta Federico García Lorca
Idioma Extranjero Ingles
Ricardo Malfatto
7°B

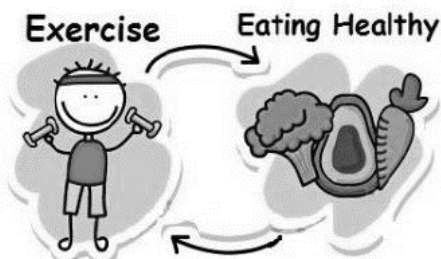
English Worksheet 7°B (N° 8)

NAME: _____ DATE: _____

UNIDAD: **Unit 2 Healthy Habits**

Tema u Objetivo:

Aim: To understand main ideas and specific information in written texts about healthy habits



As time goes by, doctors and scientists are finding a strong relationship between the mind and the body. It's becoming clear that how you feel mentally and emotionally is very important for the way you feel physically. Have you ever thought that once you passed the age of 20 you start to die?

Of course, that is generally a slow process, but you can't escape from it. Teenagers find it difficult – if not impossible- to imagine themselves as middle-aged or old people. That's because they are young, fit and strong; however, if they don't get into the habit of taking regular exercise early in life to keep like that as long as possible, they will have lots of problems when they are older. One of the easiest ways to keep fit is to stick to a healthy diet, that is to say, to eat fruit, fresh vegetables and food containing fibre, regularly. Smoking is something you must give up if you want to be healthy. Also, try to reduce your alcohol consumption and avoid being too fat.

I- 4 Marks (Completa las oraciones de acuerdo con la información del texto)

Complete the sentences according to the text:

1. The way you feel mentally and emotionally
2. It is a slow process
3. If teens don't do regular exercise,
4. Teens should avoid

II- (8 Marks) Responde verdadero o falso

Circle T (True) or F (False).

- | | | | |
|---|---|----------------------------------|----------------------------------|
| 1 | There is a relationship between mind & body. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 2 | Our bodies start to die slowly after our twenties. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 3 | Teenagers know how old people feel. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 4 | Exercising early in life is important. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 5 | You will not get any health problems with exercise. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 6 | We should keep a healthy diet. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 7 | Being fat is ok. | <input type="button" value="T"/> | <input type="button" value="F"/> |
| 8 | Alcohol is very bad for you. | <input type="button" value="T"/> | <input type="button" value="F"/> |

III- (4 Marks) Completa las oraciones con should o shouldnt para dar un consejo

Complete the sentences with the correct form of should and the verb in brackets:

should ou shouldn't.

1. We so much food. (eat)
2. You a balance diet. (have)
3. You in and out slowly when you do yoga. (breathe)
4. I'm tired this morning because I stayed up late last night. You late at night.(stay up)
5. When you're studying you so you don't get too tired. (take a rest)

Consultas: inglesliceoa33@gmail.com / WhatsApp / Clases remotas (Pega o desarrolla la guía en tu cuaderno)