



FICHA DE APLICACIÓN DOMICILIARIA Nº 07

TÍTULO DE LA UNIDAD: "ASUMIMOS UNA CULTURA DE PREVENCIÓN"

TEMA: A HEALTHY LIFESTYLE

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|--|--|---|
| ÁREA: INGLES | NIVEL: SECUNDARIA | GRADO Y SECCIÓN: 5° A-B-C-D |
| DOCENTE: JUAN LUIS CASO ARHUATA | | |
| COMPETENCIA | CAPACIDADES | DESEMPEÑO |
| LEE DIVERSOS TIPOS DE TEXTOS ESCRITOS EN INGLÉS COMO LENGUA EXTRANJERA | <ul style="list-style-type: none"> • Obtiene información del texto escrito. • Infiere e interpreta información del texto escrito. • Reflexiona y evalúa la forma, el contenido y el contexto del texto escrito. | Desarrolla preguntas de nivel literal e inferencial sobre los hábitos saludables en cada uno de nosotros. |

▪ **PREVIOUS KNOWLEDGE:**

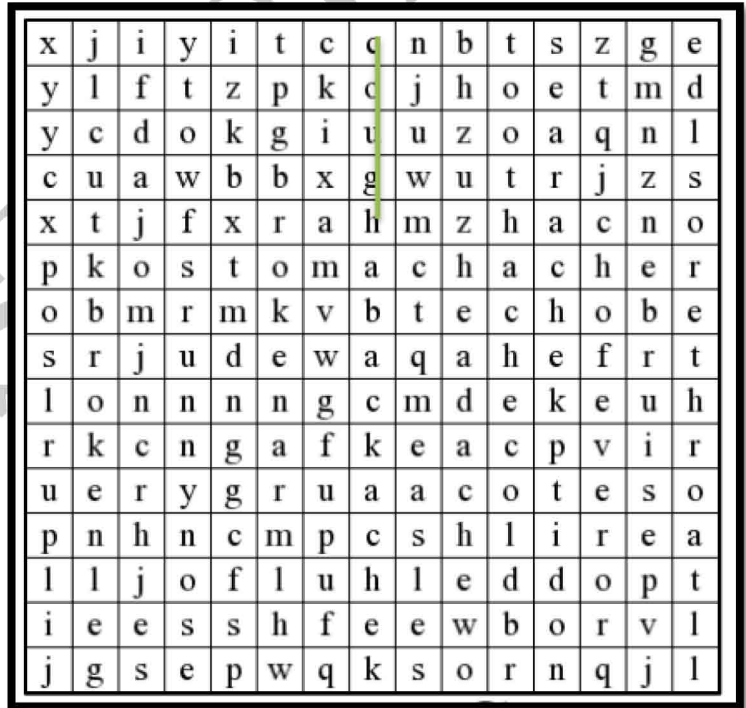
ACTIVITY 01.- Find words about **health problems** in the word search and write each one of them.
/Busca palabras relacionadas a problemas de salud en el pupiletras y escribe cada uno de ellos/

for example:

- 1.-

| |
|-------------|
| Cough : tos |
|-------------|

- 2.-
- 3.-
- 4.-
- 5.-
- 6.-
- 7.-
- 8.-
- 9.-
- 10.-



▪ **DEVELOPMENT:**

ACTIVITY 02.- Reading Comprehension

/Observa, lee y desarrolla las actividades mencionadas abajo /

Why are healthy habits important?



Healthy habits are very important to our health. They help our bodies to be strong, fit and healthy. For example, getting enough sleep every night will help you to be active in the morning. Furthermore, brushing your teeth three times a day will keep your teeth white and strong. Besides, eating a healthy breakfast everyday will help you to study well at school. Eating fruits and vegetables not only keeps you healthy but stop you from getting ill as well. Also, drinking milk every day will make your bones and teeth strong. Furthermore, playing a sport such as tennis, table tennis and volleyball will keep you fit. In addition, walking, cycling, swimming and skating are also very useful to our bodies because they make your body fit and strong.



NOW! PRACTICE:



Write the healthy habits in the text:

- 1.-
- 2.-
- 3.-

- 4.-
- 5.-
- 6.-

All the following sentences are incorrect. Correct them:

- 1.- healthy habits are very bad.
- 2.- you should brush your teeth 3 times a week.
- 3.- playing a sport is unhealthy habit.
- 4.- eating fruits for breakfast is unhealthy



Answer the following questions:

- 1.- Why are healthy habits important?
- 2.- Why is brushing teeth important?
- 3.- Why is playing a sport important?
- 4.- Why is eating a healthy breakfast good?
- 5.- Why is eating fruits and vegetables good?

WHAT I KNOW IS...

ACTIVITY 03.-Create a first aid kit, use the squares to draw and to write the names of the elements which should be there.
/ Cree un botiquin de primeros auxilios, use los cuadrados para dibujar y escribir los nombres de los elementos que deberían estar allí. /



- **METACOGNITION:** Think and answer
 - a. What did I learn today?
 - b. Mention three healthy habits for you.
 - c. Mention three unhealthy habits for you.