

## UNIT 2: HEALTHY HABITS

### Worksheet 6 (semana del 7 al 11 de septiembre)

#### Instrucciones generales

Enviar evidencias (fotos, documento) del trabajo realizado vía correo electrónico, indicando nombre y apellido, curso y material que envías.

Mi correo es **dbarrera@cosanber.cl** Si llegas a tener cualquier duda o pregunta, escríbeme y te responderé a la brevedad.

Tienes **una semana** para terminar esta guía.

¡Éxito en todo!

#### Objectives:

- ✓ **Start unit 2: healthy habits.**
- ✓ **Identify vocabulary related to food and healthy habits.**

#### 1. Observe the images and answer the questions.



- What are they?
- What do they represent?
- What food items can you identify? Write them.

2. Read the descriptions about food and match them with the corresponding name.

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





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

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3. Mark the food item writing H for healthy food and U for unhealthy food.

			
HAMBURGER	SOUP	BREAKFAST	OMELETTE

			
<b>APPLE PIE</b>	<b>A SODA</b>	<b>A CUP OF TEA</b>	<b>MILKSHAKE AND CROISSANT</b>

**4. Read the text below and underline all the food items you can find.**

**My Daily Routine**



My name is Sergei. I'm fourteen years old. I always wake up at 7 o'clock every day except Sunday. I do morning exercises. I wash, clean my teeth, and comb my hair. Then I have breakfast. In the mornings I like to eat fried eggs or omelette, cheese sandwich and to drink tea. It takes me 10 minutes to get to school.

My lessons begin at 8.30. At 2 o'clock the lessons are over. I usually have six or seven lessons a day. I return home at 2 o'clock and have rest. I watch TV and play computer games. I have lunch at 3 o'clock. For lunch, I usually eat some soup, fried or mashed potatoes with cutlets and a piece of cake with a cup of tea for dessert. Occasionally, after doing my homework I go for a walk with my friends. In the evening, I go to the gym. My training lasts for an hour. Dinner consists of fish, meat or chicken, vegetables or some salad and an apple pie. After dinner I read books, newspapers and magazines, chat with friends on the phone. At 10 o'clock I take a shower, brush my teeth and go to bed.

**Frequency Adverbs**

**Always:** *Siempre*

**Usually:** *Usualmente*

**Occasionally:** *Ocasionalmente*