

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.



- a) What are they?
- b) What do they represent?
- c) 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



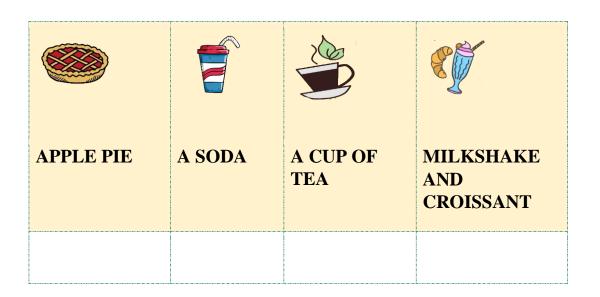
Food that is high in calories from sugar or fat, with little dietary fiber.



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

3. Mark the food item writing \underline{H} for healthy food and \underline{U} for unhealthy food.

HAMBURGER	SOUP	BREAKFAST	OMELETTE



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