

## "BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

7

Level

A1+

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

La guía que tiene en sus manos tiene como meta enseñar sobre los hábitos de vida saludable y reforzar la adquisición de la lengua inglesa a través de lecturas y actividades escritas. Es importante suministrarle a su hijo-hija un diccionario y prestarle atención cuando él o ella lo requiera.

La guía consta de un crucigrama que tiene como fin identificar el vocabulario central de la guía, seguida por unas preguntas para enfocar al niño-niña en lo que será la lectura. Seguido de esto se encuentra la lectura que fue dividida en pequeños párrafos para que le sea más sencillo entenderla. Y por último encontrarán unas preguntas para que su hijo-hija se haga una autopercepción frente a sus hábitos de vida saludables.

### WELCOME TO THIS SELF-STUDY GUIDE

This guide will help you to reinforce your Reading and writing skills. You will understand a little better the factors of a healthy life and I hope you understand the importance of acquiring healthy habits in your daily life. First, you will find a vocabulary activity that consists of a crossword. For this activity I suggest using a dictionary. Then, you have the text. Please, read it carefully and make notes, draw a chart of a mind map in order to understand it better. And the reading consists of two simple exercises: in the first one you have to write the factors of good health explained in the text. The second is a chart where you can see a situation and in front of it two choices. You will mark the option or options that **are not good** for the situation. Finally, you have to complete a list of the factors or activities you do and the activities you don't do in order to have a good healthy life. And at the end you find three personal questions.

That's all. Good luck.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy life	Reading Writing	Simple present	Healthy life vocabulary. Good habits	-To talk about healthy habits. -To identify healthy habits

GET READY		
<b>Study time needed:</b>  <b>1 hour</b>	<b>Resources:</b> <i>Notebook - pen - pencil - colors pencils - Dictionary</i>	<b>Links:</b> - <a href="https://www.wordreference.com/">https://www.wordreference.com/</a>

LEARNING OBJECTIVES	LEARNING STRATEGIES
<p><i>What will you learn/practise/reinforce with these activities?</i></p> <ul style="list-style-type: none"> <li>To identify main ideas in a text</li> <li>To be conscious of the importance of having good health habits</li> </ul>	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> <li>Please use your dictionary or an internet translator. Remember to use them only if it is necessary and not to translate the entire text.</li> <li>Write questions or interesting ideas in your notebook in order to help you do the activities.</li> </ul>

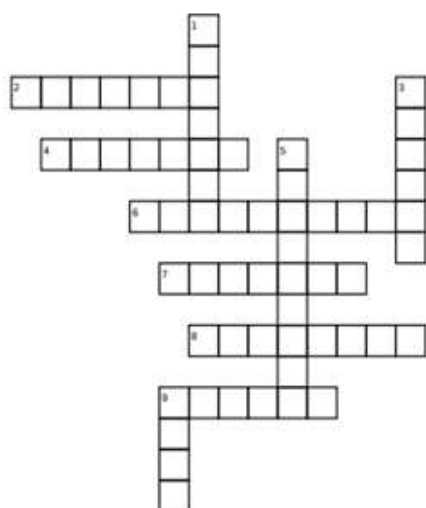
## ACTIVITIES

### 1. VOCABULARY BUILDING

Answer the crossword with the words given. The clues are on your right.

Vaccine	Checkup	Overweight	Healthy	Medicine
Schedule	Breathing	Damage	Diet	safety

## Healthy Life Vocabulary



**Down:**

1. a series of things to be done at or during a time or period
3. the state of being safe.
5. respiration.
9. good selection of food and drink.

**Across:**

2. a preparation introduced into the body to prevent a disease
4. medical examination.
6. weight more than normal and make you look super fat.
7. having a good appearance.
8. a substance used in treating disease or illness.
9. to cause harm injury or destruction.

### Reading activity

Read the following article about healthy habits. Then complete the charts below. Good luck.

## Healthy Habits

*Adapted from Community Medical Associates, Jeffersonville, Ind.: Kevin R. Burke, M.D., David A Dues, M.D., and Giavonne D. Rondo, M.D.*

The doctors are now super intelligent, and their labor is better than 50 years ago. But the medicine is not enough to have a good shape or a healthy body. Here you are going to find seven categories which will help you to have a good condition.

Let's start with the first one **DIET**:

These days it is normal that people eat food with a lot of fat sugar or salt. As hamburgers, pizza, lasagna, ice-cream, sodas, candies, French fries... and these foods are not healthy because if you eat burgers every day or very often your body will accumulate fat and in a couple of months you will be overweight. Do not forget that sugar is bad for our teeth. Many of us have the habit of eating candies and as a result you can have dental problems and obesity.

Second, **EXERCISE:**

It is good for your body and your mind. If you do exercise every day you will have better muscles, better breathing capacity, in general a better life. Also you will never be stressed if you practice a sport or do any other exercise.

Third, **REST:**

It is necessary to sleep a minimum of 7 hours but many of us do not get enough sleep. Poor sleep habits make you get bad grades in school. You need to go to bed and get up at the same time each day. Relax for 30 to 60 minutes before going to bed. Do not use your cellphone before you go to sleep.

Fourth, **ALCOHOL AND TOBACCO:**

Do not use these two. These are not good for your body. Tobacco damages your lungs and alcohol your liver.

Fifth, **STRESS:**

Organize your schedule. Do not worry too much. Remember that everything has a solution and if you feel a little stress do some exercise, some meditation, listen to music. Those will help you to be calm.

Sixth, **MEDICAL CHECK UP:**

Do not forget to go to the doctor twice a year. And to the dentist four times a year. Also, when you feel sick it is necessary to visit the doctor and get medical exams.

Seventh, **VACCINES:**

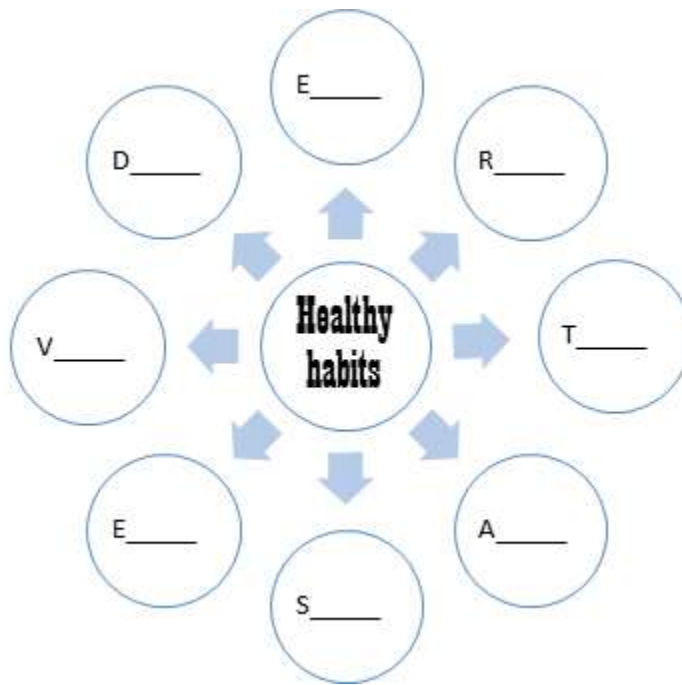
I know that vaccines are terrifying. But do not worry. Lots of the vaccines are good for your help. They keep you healthy and without the flu. There is a little pinch but most of the time it does not hurt much.

Seventh **SAFETY:**




Sometimes you do not control other factors in your normal life. So, it is necessary to be aware of your surroundings. You need to be focused when you are walking on the sidewalk or when you are riding your bike. If you see a sign do what the sign says. Do not play in dangerous places. Avoid sharp objects. And always ask for help when you need it.

**AFTER READING**

A. According to the text *“Healthy habits”* there are some factors to keep in mind if you want to have good health. Write in each circle the factors the author explains in the article.



B. Make an X on the image that IS NOT GOOD for the situation.

situation	Option A	Option B
<div style="border: 1px solid black; padding: 2px; width: 20px; float: left; margin-bottom: 5px;">1</div>  <p>A. I am getting fat</p>	<div style="border: 1px solid black; padding: 2px; width: 20px; float: left; margin-bottom: 5px;">2</div>  <p>Eat junk food</p>	<div style="border: 1px solid black; padding: 2px; width: 20px; float: left; margin-bottom: 5px;">3</div>  <p>Eat healthy food</p>



4



B. I feel tired and sleepy

5



Exercising

6



Watch T.V.

7



C. I have some bad grades at school

8



Go to sleep early

9



Play video games at night

10



D. I practice sports

11



smoking

12



Drink beer

13



E. I have a headache and I cannot focus on my homework

14



Do yoga

15



Listen to music

## FINAL ACTIVITY

- Evaluate yourself. Are you a healthy person? Make a list of the things you do and the things you do not do to be healthy

<i>I do...</i>	<i>I do not ...</i>

Now answer the following questions:

- a. Do you have good health? How do you take care of your health?

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- b. What activities, food or actions do you think are not good to keep you healthy?

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- c. Do you or your family talk about healthy life habits? What do you do together to keep healthy?

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**ASSESSMENT TASKS** 5 minutes

How do you feel after this lesson? Share something new you learned:

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**THIS IS THE END**

Let me tell you that you finished! Congratulations. Good job. You deserve a rest. Go and watch tv, listen to music or go to talk with your family and tell them what you have learnt. Do not forget what you read. Put in practice the tips for keeping good health. ;)

**USEFUL RESOURCES**

- <https://www.wordreference.com/>


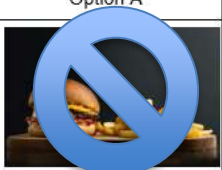

**ANSWER KEY**

**Healthy Life Vocabulary**







situation	Option A	Option B
 A. I am getting fat	 Eat junk food	 Eat healthy food

 B. I feel tired and sleepy	 Exercising	 Watch T.V.
 C. I have some bad grades at school	 Go to sleep early	 Play video games at night
 D. I practice sports	 smoking	 Drink beer
 E. I have a headache and I cannot focus on my homework	 Do yoga	 Listen to music

## ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Ya han llegado hasta aquí. Los felicito por la paciencia y fortaleza para desarrollar toda la guía. Para concluir: pregúntele a su hijo-hija

¿Cuáles palabras recuerda del texto?

¿Tienen hábitos de vida saludables?

¿Cuáles actividades pueden aplicar desde hoy para mejorar sus hábitos saludables?

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