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DEADLINE:	05-03-2021	TRIMESTER:	I	SUBJECT:	ENGLISH
				AREA:	HUMANIDADES

TOPICS:	- I Can Take Care of my Body – • Simple present • Daily routines • Frequency Adverbs	SKILLS:	Grammar, reading, writing, spelling
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STUDENT'S NAME:		COURSE:	70__
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“APRENDE EN CASA” WORKSHOP No. 3 – Week 5

1. GRAMMAR:

a. Check the information and examples before about the “Adverbs of frequency”. (Revisa la información y ejemplos a continuación, sobre las palabras que indican con qué frecuencia se realiza una actividad.)

 ADVERBS OF FREQUENCY		
	ADVERBS	EXAMPLES
100%	Always	• Jenna <u>always</u> talks too loud.
90%	Usually	• She <u>usually</u> sings in the shower.
80%	Normally	• She doesn't <u>normally</u> arrive until ten.
70%	Often	• I <u>often</u> feel a pain in my stomach.
50%	Sometimes	• My eyes <u>sometimes</u> get red and itchy in the summer.
30%	Occasionally	• She watches the kids for us <u>occasionally</u> .
15%	Seldom	• I <u>seldom</u> go home after 5 o'clock in the afternoon.
5%	Rarely	• The police <u>rarely</u> shoot to kill.
0%	Never	• I <u>never</u> get to bed before 11.

Love English www.loveenglish.org

b. Check the information about Present Simple forms and uses. (Revisa la información sobre las formas del Presente Simple y sus usos.)

Form Present Simple

HELPFUL HINTS

S + verb + object ...

I/we/they/you + like + tea.
He/she/it + likes + tea.

Use it
for ...

- * Facts
- * Habitual actions
- * Things that don't/won't change.
- * Describing yourself.

S + don't/doesn't + verb + object ...

I + don't + like + tea.
She + doesn't + like + tea.

Signal
words

- Adverbs of frequency, like:
- * Often
 - * Usually
 - * Sometimes
 - * Never

Do/Does + S + verb + object?

Do + you/we/they/I + like + tea?
Does + he/she/it + like + tea?

BUT REMEMBER



*** The verb 'to be' is different ***

I + am (Australian.)
He/she/it + is (clever.)
you/we/they + are (nice.)

2. READING: Read the poster for a campaign to encourage teenagers to live healthy lives. Match the headings (1–3) with the examples (a–c). (Lea el cartel de una campaña para animar a los adolescentes a vivir vidas saludables. Combine los encabezados (1-3) con los ejemplos (a-c).)

How to Be a Healthy Teen

Here are some tips that can help you to grow into a healthy adult.

1. Keep active and take a break 2. Good personal hygiene 3. Eat healthy food

- a. Eat a balanced diet that includes fruit and vegetables. Avoid sugars and starches. Cut out fast foods. Drink lots of water.
- b. Develop the habit of doing physical activities you enjoy: e.g. running, swimming, or riding a bike. Get enough sleep: your body needs eight hours of sleep a night.
- c. Have a shower every day. Wash your hair regularly. Brush your teeth twice a day. Keep your nails short: fingers and toes!



3. WRITING:

a. Complete the chart (1–9) with the tips in exercise 1. (Complete el gráfico (1-9) con los consejos dados en el ejercicio 1.)

Diet	Rest	Exercise	Healthy habits and routines
eat fruit and vegetables	4	running	Have a shower every day
1		5	7
2		6	8
3			9

b. Write six sentences about your healthy daily routine and the routine of a person of your family) using the following words. (Escriba seis oraciones sobre su rutina diaria saludable y la rutina de una persona de su familia) usando las siguientes palabras):

* have/has breakfast

* have a shower

* practice (a sport) – do exercise

* like vegetables and/or fruits

* drink water

* sleep ___ hours

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

4. SPEAKING:

a. Record and audio telling your healthy daily routine, based on the exercise No. 3. (Grabación y audio de su rutina diaria saludable, basado en el ejercicio No. 3.)

b. Send it to the teacher by the Google Classroom platform. (Enviarlo al profesor por la plataforma de Google Classroom.)

5. SPELLING: For the next class, practice the spelling of the words below. (Para la próxima clase, practicar el deletreo de las siguientes palabras.)

16 measure

17 turn on

18 England

19 August

20 survive

21 outline

22 hobbies

23 cooking

24 discuss

25 oceans

26 protein

27 Iceland

28 issues

29 always

30 sleepy

ATTENTION!

Let`s remember the correct way to spell.

(Recordemos la forma correcta de deletrear).

• **Example:**

measure / m-e-a-s-u-r-e / measure

August /Capital A - u - g - u - s - t