



Capítulo 9

“HEALTHY AND UNHEALTHY
HABITS”

3º Y 4º ESO: INGLÉS

3º Y 4º - EDUCACIÓN SECUNDARIA OBLIGATORIA

Inglés. Unidad didáctica: "Healthy and unhealthy habits"

Se trabajan los hábitos y rutinas saludables por medio del presente simple, las consecuencias negativas para la salud que conllevan los hábitos dañinos mediante la estructura condicional de primer tipo y consejos saludables a través del aprendizaje del verbo should. La unidad hace una transición desde la salud general y los hábitos que desarrolla habitualmente el alumno y la alumna en casa y en la escuela a la salud laboral de aquellos que le rodean. Así, se tocan aspectos de orden, posturales, de alimentación, de organización del tiempo de trabajo escolar... que después tienen su lógica traslación en los problemas que también tiene el personal de secretaría de la escuela (ergonomía, pantallas de visualización...) o la conserje (manejo de cargas).

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“HEALTHY AND UNHEALTHY HABITS” 3º Y 4º ESO: INGLÉS.

RAFAEL MARTÍNEZ CARMONA

1. JUSTIFICACIÓN

Cuando enseñamos una lengua extranjera nuestro objetivo como docentes no es sólo que el alumnado maneje una serie de estructuras gramaticales y cierta cantidad de vocabulario; puesto que trabajamos con el lenguaje, que es el vehículo de las ideas, al aprender la lengua el alumno va recibiendo una serie de conocimientos extralingüísticos, que conforman también su pensamiento y su manera de ser y estar en el mundo que le rodea. Por eso la enseñanza de la lengua extranjera permite muy fácilmente la inclusión de esos contenidos transversales, tan necesarios en la formación integral de las personas. Y de entre esos contenidos transversales, el de la adquisición de hábitos saludables, dentro de la Educación para la Salud, casa perfectamente con ciertos contenidos curriculares propios del área de Lenguas Extranjeras. Puesto que hablamos de hábitos, nos parece muy apropiado presentar en la unidad didáctica cómo expresamos rutinas y hábitos en inglés, por medio del Presente Simple. Asimismo queremos llamar la atención de nuestros alumnos y alumnas sobre las consecuencias negativas para la salud que conlleva una serie de hábitos dañinos, constatables en el alumnado de estas edades, por lo que el estudio de la estructura de condicional de primer tipo para indicar consecuencia resulta oportuno. Pero, a la vez, queremos corregir esos hábitos perjudiciales, y los alumnos y alumnas aprenderán a dar consejos sobre cómo llevarlo a cabo, a través del aprendizaje del verbo modal “should”. En fin, esperamos que la balanza entre contenidos curriculares y contenidos transversales esté equilibrada y que tanto docentes como alumnados encuentren provechosa esta unidad didáctica.

2. OBJETIVOS DIDÁCTICOS

Objetivos conceptuales

- Hablar sobre rutinas y hábitos
- Expresar la frecuencia con la que se realizan determinadas actividades
- Hablar sobre acciones y sus consecuencias
- Dar consejos

Objetivos procedimentales

- Escribir sobre nuestros hábitos
- Preguntar y contestar sobre a qué hora se realizan actividades cotidianas y con qué frecuencia
- Confeccionar un póster con consejos sobre hábitos saludables

Objetivos actitudinales

- Conocer qué hábitos son saludables y qué hábitos son perjudiciales para la salud
- Reconocer hábitos perjudiciales en uno mismo y mostrar interés en cómo modificarlos

3. CONTENIDOS

1. Tema: HEALTHY AND UNHEALTHY HABITS

2. Contenidos conceptuales

- Presente simple: Expresar hábitos y rutinas. Tercera persona del singular: V + s/es. Oraciones afirmativas, negativas e interrogativas. Auxiliar do / does
- Adverbios de frecuencia y How often?: Hablar y preguntar la frecuencia con la que se realiza una actividad:
- Should / shouldn't : Dar consejo:
- First condicional: Hablar sobre acciones y sus consecuencias. If + verb (present), Will + Verb (infinitiv)
- Léxico relacionado con actividades diarias, objetos en una habitación, salud

3. Contenidos procedimentales

- Estudio de los contenidos gramaticales para aprender la estructura vista
- Deducción de las reglas gramaticales a partir de ejemplos dados
- Completar frases con ideas propias
- Orden de los elementos de una frase
- Completar huecos en una frase
- Asociación de imágenes y vocabulario

- Preguntas y respuestas
- Escribir una redacción corta sobre hábitos
- Realización de un póster con consejos

4. *Contenidos actitudinales*

- Ser conscientes de la importancia de usar correctamente las estructuras de la lengua extranjera
- Ser conscientes de la importancia de adquirir vocabulario para ampliar el conocimiento de la lengua inglesa
- Mostrar interés por comunicarse en inglés
- Mostrar interés por la adquisición de hábitos saludables
- Trabajo en grupo

4. ACTIVIDADES Y TÉCNICAS METODOLÓGICAS

Seguimos el enfoque comunicativo en la adquisición de nuevos contenidos curriculares, fomentando la participación oral. Muchas de las actividades se pueden realizar en parejas y la actividad final, la realización del póster, en grupos de 4 alumnos.

5. ORGANIZACIÓN

Espacios: Aula

Temporalización: 6 sesiones de 55 minutos de duración para los contenidos de la unidad
1 ó 2 sesiones para la confección del póster

6. RECURSOS

- Actividades y textos de la unidad didáctica
- Flashcards
- Recortes de periódicos y / o revistas, tijeras, pegamento, rotuladores y colores

7. EVALUACIÓN

Criterios de evaluación:

- Dominio de las estructuras gramaticales estudiadas
- Uso del vocabulario adquirido
- Reflexión sobre hábitos saludables

Instrumentos de evaluación:

- Participación en el aula
- Cuaderno de seguimiento del alumno
- Prueba objetiva escrita
- Redacción
- Póster

My room

Describe this room. Write down as many words as you can.
What is your room like?



04=005 005=005 005=005 005=005 005=005

What's wrong with Tony?

Where is Tony? What is he doing? How do you think he feels? Why?



What are you going to learn?

- Talk about your routines
- Talk about bad habits and their consequences
- Give advice
- Make a poster about healthy habits

Are you ready? Let's go!

HEALTHY AND UNHEALTHY HABITS

A day in the (crazy!) life of Tony



In the morning

Tony is 15 years old. He lives with his parents and his sister Sofia. Tony usually gets up at quarter past eight. He is tired and he doesn't want to get up because he often goes to bed very late. He gets dressed quickly. He doesn't have enough time to eat breakfast – school starts at half past eight - . He puts all his books in the rucksack and goes out. He rides his moped to school but he always forgets his helmet at home!

At school

After twenty minutes, Tony starts to feel sleepy and bored. He can't concentrate on the exercises. Time goes by slowly. In the break, he is really hungry and he often buys some chocolates and a packet of crisps in the school canteen. Sometimes he and two older boys hide behind the gym to light a cigarette. He doesn't like it very much but he feels very important. He finishes school at half past two.

After lunch

When he gets home lunch is ready. He loves pasta, meat and chips. He seldom has vegetables or pulses. For dessert he prefers a banana or some cake. When he finishes lunch he goes up quickly to his bedroom and starts chatting on the Internet. He spends two or three hours in front of the computer every day. Then he does his homework.

In the evening

Tony often goes out at about half past seven. He goes to the park with his friends. They talk about football and girls. Back home he usually has a hamburger and some yoghurt for dinner. After dinner, Tony watches a film on television or listens to his favourite music on his discman until he falls asleep. He loves hip-hop and rap and he plays it really loud.

Tony's parents think that he should change his habits but they don't know what to do. Can you help them?

COMPREHENSION

1. Look at the pictures

a. Put the pictures in the correct order: , , ,

b. Match the pictures with the paragraphs

In the morning picture -----

At school picture -----

After lunch picture -----

In the evening picture -----

2. Read and listen to the text. Do you think Tony has a healthy life?

3. Write true or false. Correct the false sentences

a. Tony has breakfast at a quarter past eight

b. He goes to school on foot

- c. He finishes school at half past two
- d. He does his homework before he chats on the Internet
- e. His favourite music is pop music

VOCABULARY: DAILY ACTIVITIES

1. Match the pictures with the activities in the box

get up – have breakfast – have a shower – get dressed – brush (your) teeth
 walk to school – do (your) homework – listen to CDs – go swimming – go to bed



- 2. Listen and repeat
- 3. In pairs, add 5 more daily activities to the list
- 4. Listen and complete the sentences. What time does Sofia, Tony's sister, do these things?
 - a. I usually get up at
 - b. I have lunch at
 - c. I finish school at
 - d. I go swimming at
 - e. I never go to bed at
- 5. Write 4 sentences about you

GRAMMAR

PRESENT SIMPLE

1. Look at these sentences:

- Tony usually gets up at 8:15 am
- He finishes school at 2:30 pm

Choose the correct answer. We use the present simple

- to talk about habits and routines
- to talk about actions that are happening now

2. Study the grammar box

Present Simple	Affirmative	Negative	Questions	Short answers
I	get up	don't get up		Yes, I do/ No, I don't
You	get up	don't get up	Do you get up?	
He	gets up	doesn't get up	Does he get up?	
She	gets up	doesn't get up		Yes, he does/ No, he doesn't
It	gets up	doesn't get up		
We	get up	don't get up	What time do	
You	get up	don't get up	you get up?	
They	get up	don't get up		

3. Put the words in the correct order

- Bill breakfast his makes after bed
- the I watch morning don't in television
- teeth day Lucy her every brushes
- bedroom to in Michael his listens his walkman
- school to does walk Tony ?

4. Complete the sentences with the verbs in brackets

- John (get up) at half past seven
- My parents (have lunch) at work
- Jim (not play) football in the afternoon
- Rita's friends (not go) to the disco on Fridays
- you (read) comics?

5. Write 5 true sentences about Tony. Use these verbs:

- Get up
- Have breakfast
- Brush his teeth
- Make his bed
- Listen to music

6. Write 5 sentences about your habits

7. Complete the questions about Tony. Then, answer the questions

- What time Tony (get up) ?
- How Tony (go) to school?
- When Tony (chat) on the Internet?
- What types of music Tony (listen to)?
- What Tony (have) for dinner?

8. Write 5 questions with you. In pairs, ask and answer the questions.

9. Use your partner's answers to write a short text about him/her

BE CAREFUL! – PRESENT SIMPLE 3rd person singular

Get up – gets up
Start - starts

Study – studies
Carry – carries

Watch – watches
Go – goes

Have – has

10. Put these verbs in the 3rd person singular

- | | |
|----------|-----------|
| a. Live | f. Walk |
| b. Brush | g. Finish |
| c. Play | h. Hurry |
| d. Do | i. Ride |
| e. Wash | j. Kiss |

What are the rules?

FREQUENCY

1. Look at these sentences:

- He usually buys some chocolates
- He seldom has vegetables

We use adverbs of frequency when we want to talk about how often we do things.
Choose the correct answer. Where does the adverb of frequency go in the sentence?

- a. After the verb
- b. Before the verb


2. Study the grammar box

*****	*****	***	**	*	
always	usually	often	sometimes	seldom	never

3. Complete the sentences with adverbs of frequency

- a. Tonygets up at quarter past eight
- b. Hehas breakfast
- c. Hewears his helmet
- d. Heeats pulses
- e. Hegoes to the park with his friends

4. Write 5 sentences with adverbs of frequency about you and your family

STOP TO THINK!	
<p>Look at the picture. Can you name the types of food?</p> <ul style="list-style-type: none"> • Fruit: • Vegetables: • Pulses: <p>Complete the sentences about you: I.....eat bananas I.....eat pulses Are pulses good for your health? What do you usually have for lunch?</p>	

HOW OFTEN?

We use How often ...? to ask about the frequency. Look at these sentences:

How often does Tony wear a helmet?
 He never wears a helmet

5. Do the quiz and find out how healthy you are

HOW OFTEN ...	always	usually	sometimes	seldom	never
1... do you go to bed very late?					
2... do you brush your teeth after eating?					
3... do you eat fruit and vegetables?					
4... do you smoke?					
5... do you listen to your Discman or Mp3?					
6... do you do exercise?					
7... do you have breakfast?					

Points: Questions 1 – 4 – 5 : always 5; usually 4; sometimes 3; seldom 2; never 1
Questions 2 – 3 – 6 – 7 : always 1; usually 2; sometimes 3; seldom 4; never 5

Score:

7-16	17-26	27-35
Congratulations!	You can do better	Are you sure you
You're fit and healthy!	Control your habits!	are still alive?

6. Listening

Tony is asking his sister Sofia the questions in the quiz. Are these statements true or false?

- Sofia goes to bed late at weekends
- Sofia always brushes her teeth after eating
- Sofia likes vegetables very much
- Sofia sometimes smokes
- Sofia goes swimming every day

7. Speaking

Ask your classmates questions about their habits and tell them about you. You can use these ideas:

- When do you ...?

go out with your friends – go to the cinema – play football
watch documentaries – phone your friends – listen to music

- How often do you ...?

Do exercise – buy chocolates – use a computer


READING



Tony doesn't feel well. His parents are worried. They decide to go to the doctor. The doctor examines Tony carefully. Here is her advice:

- You should get enough sleep every night. Eight hours are Ok. If you don't get eight hours sleep every night, you will be tired in the morning.
- You should eat a good breakfast in the morning. Breakfast is very important. A good breakfast should include some toast, some cereals, a glass of milk and a piece of fruit. If you don't like fruit, you can have a juice.
- You shouldn't watch too much television or sit in front of the computer for too long. If you do, you will have problems with your eyesight or you will get a headache.
- You should do some physical exercise every day. For example, if you walk 5 km every day, you will be fit and strong and you'll be energetic all day.
- You shouldn't smoke. Smoking is very dangerous for your health.
- You should have a balanced diet. If you don't eat properly, you won't be healthy. You will be tired all day.
- You shouldn't eat too much chocolate. You will get toothache if you don't brush your teeth three times a day.
- You shouldn't play your music very loud. If you listen to very loud music, you will have earache.

1. Match these words with the pictures

Earache Headache Stomach ache				
				
Tired Strong Happy Angry				

2. Write true or false. Correct the false sentences.

- We need nine hours of sleep every night
- A good breakfast should include some fruit
- Too much television isn't good for your eyesight
- It's all right if you listen to very loud music
- Daily physical exercise is not necessary to be healthy

GRAMMAR

FIRST CONDITIONAL

We use the first conditional to talk about actions and their consequences

1. Study the grammar box

- | |
|---|
| <ul style="list-style-type: none"> • If you walk 5 km every day, you will be fit • If you don't eat correctly, you won't be healthy |
|---|

Complete the rule with: present simple – will/won't

If + , + infinitive

2. Match the two parts of the conditional sentences

- | | |
|------------------------------------|-----------------------------------|
| a. If Tony goes to bed late, | 1 he will have toothache |
| b. If Tony eats too many sweets, | 2 If Tony gets up late, |
| c. If Tony doesn't have breakfast, | 3 he will be tired in the morning |
| d. he won't be fit | 4 If Tony doesn't do exercise, |
| e. he will be late for school | 5 he won't be healthy |

3. Complete the sentences with the correct form of the verbs in brackets

- If I.....(study) hard, I.....(pass) the exam
- If he.....(ride) too fast, he.....(have) an accident
- John.....(go) to England next summer if he.....(pass) all his exams
- Kate.....(not finish) the essay on time if she.....(not start) at once
- If my parents.....(travel) to London, they.....(see) the Houses of Parliament

4. Complete the sentences about Tony

- If Tony runs 5 km every day, ...
- If Tony feels bad, ...
- If Tony doesn't do his homework, ...
- If Tony doesn't have a balanced diet,...
- If Tony watches television for too long, ...

5. Complete these sentences about you

- If I go to France, ...
- I will be healthy if ...
- If I don't wear a helmet, ...
- I won't go to school if ...
- If I have time, ...

STOP TO THINK!

Look at the picture. Who is the boy?
 What is he doing?
 Complete the sentences:
 Tony ride his moped without a helmet
 Tony always wear his helmet
 Have you got a moped?
 Do you always wear a helmet?



GRAMMAR

GIVING ADVICE: SHOULD

1. Look at these sentences:

- You should eat a good breakfast
- You shouldn't go to bed late

We use should / shouldn't to give advice. Complete the rule:

After should / shouldn't we use: a) the -ing form of the verb
b) the base form of the verb

2. Choose the correct answer

- a. You should / shouldn't study every day
- b. You should / shouldn't drink alcohol
- c. You should / shouldn't watch too much television
- d. You should / shouldn't pay attention in class
- e. You should / shouldn't sleep enough

3. Complete the sentences with should or shouldn't

- a. You do exercise three times a week
- b. You eat too many chocolates
- c. You smoke
- d. You go to the dentist once a year
- e. You wear your helmet when you ride your moped

4. Read the situations and give advice

- a. I'm tired in the morning
- b. I'm getting fat
- c. It's very hot
- d. It's raining hard

5. Group work. Make a poster giving advice. Choose one of these two topics:

- Diet (types of foods, how many meals a day, ...)
- Physical exercise (safe sports/dangerous sports, injuries, equipment, ...)

Show the poster to your classmates.

CONSOLIDATION

1. Fill in the gaps with the correct words:

has – walks – at – checks – doesn't –
gets – in front of - has

Mrs Simms is the school's secretary. She usually up at 7:30. She breakfast with her husband. She to work, because she hasn't got a car. She starts work 9 o'clock. She usually types letters, e-mails or organizes the files. She spends a lot of time the computer. At 11:30 she a break, when she has a sandwich and some coffee, but she have time to go to the school canteen.



2. Ask questions about Mrs Simms with How often...?

- Brush her teeth
- Send e-mails
- Go to the cinema

3. Imagine you are Mrs Simms. Answer the questions in 2.

4. Look at the pictures. Underline the correct words:

- Mrs Simms looks tired / happy
- Mrs Simms has got flu / backache
- Mrs Simms should / shouldn't have a rest



5. Tony is talking to Mrs Simms. Complete the sentences:

- If you(spend) too much time in front of the computer, you (have) problems with your eyes
- If you(sit) correctly, you (not have) backache

STOP TO THINK!

Look at the picture. Sarah is the caretaker.

What is she doing?

Choose the correct word:

She is lifting / carrying some heavy boxes

Is she doing right?

Yes, she is / No, she isn't

Why?



Give advice:

- You lift heavy boxes
- You use a handcart to carry the boxes



