



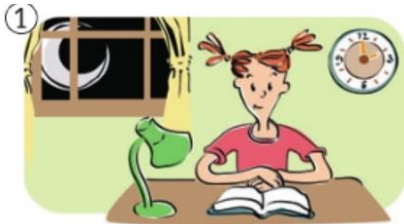
“Unit 4 Healthy: Healthy Habits”

Name: _____ Date: _____

Learning Outcome: To identify and interact with vocabulary related to healthy habits. (OAC 01)
 To identify specific and general information from a text about the brain.
 (Una vez terminada la guía debe ser enviada al correo nicolas.arrue@liceoelvira.com)

I. Write the phrases in their corresponding image.
 Escribe las frases en sus imágenes correspondientes.

eat a balanced diet | drink plenty of water | get stressed
 stay inside all the time | stay-up-late | take time to relax



STAY UP LATE











II. Complete the sentences with the words from the chart below.
 Completa las oraciones con las palabras del cuadro de abajo.

breaks caffeine exercise food sleep time

1. Take regular breaks when you're studying.
2. Don't eat junk _____.
3. Don't spend a lot of _____ watching TV.
4. Do regular _____.
5. Try to _____ eight hours a night.
6. Don't drink a lot of _____.



III. Read the article and choose a, b or c. What is brain training? (2 pts)

Lee el artículo y escoge a, b y c. ¿Qué es el “brain training”?

- a** a scientific study **b** exercise for the brain **c** a new way to learn

Did you think the puzzles were easy? Were your answers correct? If so, you probably have a healthy brain.

We all know that we should do regular exercise and eat well if we want to be fit and healthy. But did you know that you should exercise your brain too? Scientists believe that our brain works better if we train it. It can help us remember information, be better at maths and think more quickly.

Brain training includes doing puzzles, maths calculations and solving riddles. Scrabble and board games, sudokus and crosswords are all good too. And brain training is also the latest idea in computer games.

Here are some more tips for a healthy brain.

You should ...

- learn another language or a musical instrument.
- eat well, especially brown rice, pasta, bread and fish.
- drink about eight glasses of water a day.
- change your routine, for example, use your computer mouse with a different hand.

You shouldn't ...

- forget breakfast. Eating breakfast helps concentration.
- drink a lot of caffeine.

IV. Complete the sentences with the information from the article.

Complete las oraciones con la información del artículo.

1. To have a fit and healthy body, we should _____.
2. Scientists say that we should also _____.
3. If you exercise your brain, you can _____.
4. Activities to have a healthy brain include _____.
5. It's good to learn _____.
6. It isn't good to go to school without _____.



LICEO ELVIRA SÁNCHEZ DE GARCÉS
ASIGNATURA: INGLÉS - 8th GRADE
PROFESOR: NICOLÁS ARRUÉ GÓMEZ
GUÍA 8 – PRIORIZACIÓN CURRICULAR

V. Write a T if the sentence is TRUE or an F if the sentence FALSE.

Escribe una T si la oración es VERDADERA o un F si la oración es FALSA.

1. _____ Learning a new musical instrument is a good way to train your brain.
2. _____ Water is not really important for the brain because it does not consume much water.
3. _____ Breakfast is important for concentration.
4. _____ Drinking a lot of caffeine is good for the health of our brain.
5. _____ Math calculations help improve our brain capacity.
6. _____ Fish is harmful for our brain development.