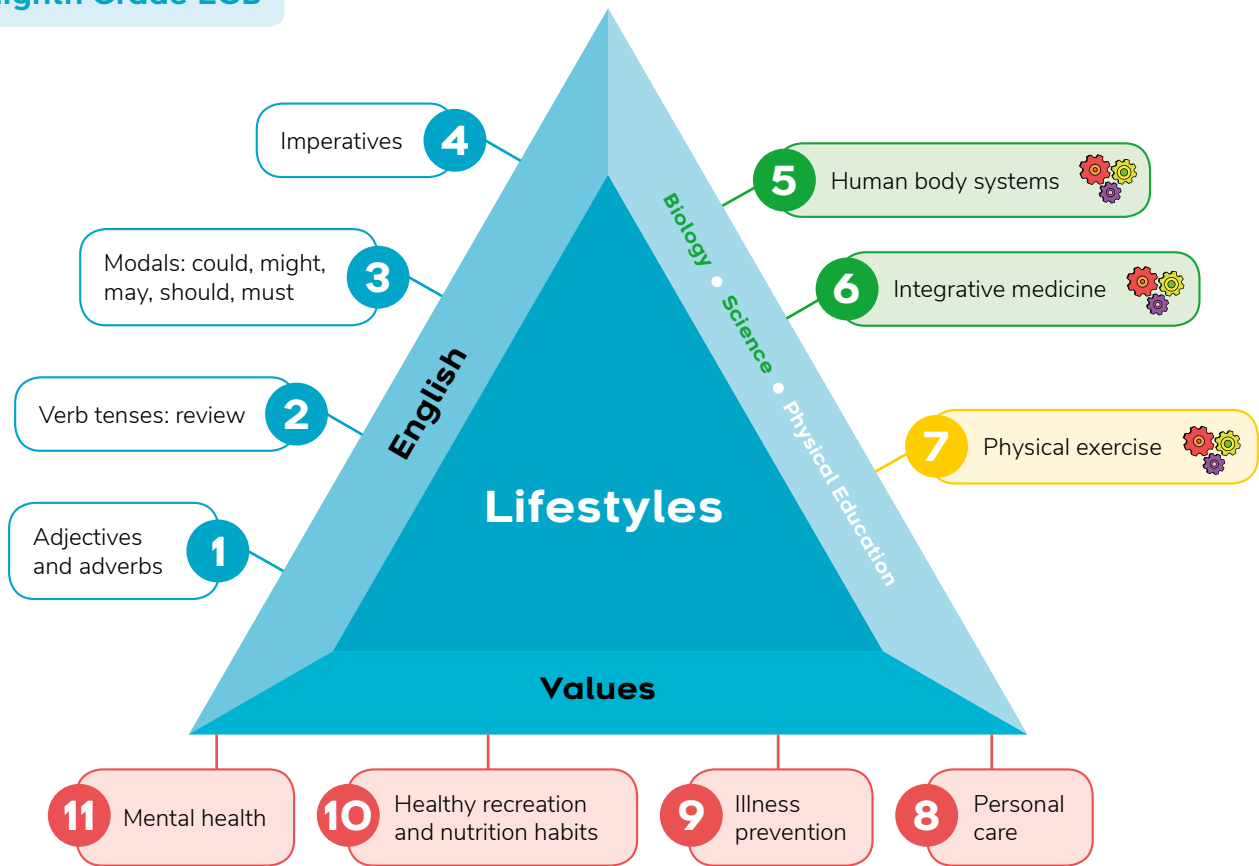


English Pedagogical Module 6

Do you lead a healthy
lifestyle?

Curricular Threads: Communication and Cultural Awareness,
Oral Communication, Reading, Writing, Language Through the Arts

Eighth Grade EGB



Personal Care

Our body is a complex biological system consisting of billions of cells, tissues and organs that work together. In order to have a healthy and functional body, we must take care of our health. Diet and exercise are two important aspects of personal care.



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Can you think of different ways to take care of our body so that we'll be healthy?

Communication and Cultural Awareness

What are you doing to be healthy? Are there any changes you would like to make?

Keep Healthy



Did you know that...

Blood is the fluid that supports all our body functions? It **carries** oxygen and essential vitamins and minerals throughout our body. Blood also collects the waste that our body does not need anymore. We need to have our blood in good condition because it helps us **fight off infections**.

1. In small groups, make a list of the things we can do to take care of our health. Write the ideas on the lines below. Use the images below to give you some ideas.



- _____
- _____
- _____
- _____
- _____

Vocabulary

blood. red fluid that is sent through our bodies by the heart

carry. to hold something and transport it

fight off. to resist illnesses and remain healthy

infection. a disease in a part of your body caused by a bacteria

When giving an order, instructions, directions or recommendations, we can use **imperative sentences**. The structure is:

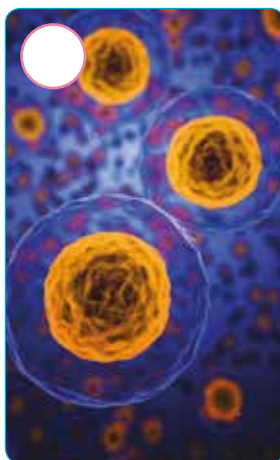
- Verb in the **base form** + complement (if necessary).
i.e. *Take a shower every day.*
- The negative imperative sentence uses **don't** + **base form** + complement (if necessary).
i.e. *Don't drink too much coffee or soda!*

2. In pairs. Imagine you are a doctor and your partner is your patient who is not healthy now. Use some imperative sentences to give him/her instructions to improve his/her health. Then, switch the roles and practice some more.

Oral Communication

How can we protect our body from diseases? Do you do anything special to protect yourself?

Protecting Our Body



Pixabay/Zamora, F.- Socha, A.

1. Listen to a mother explaining to her child how our body's immune system works. Then, write the letter from the left in the circle next to the appropriate example on the right.



Audio
Listen to the dialogue.

- | | |
|----------------------|--|
| a. Immune system | <input type="radio"/> feeding a baby with mother's milk |
| b. Body invaders | <input type="radio"/> body cells in the bloodstream |
| c. White blood cells | <input type="radio"/> cells, organs and tissues that attack invaders |
| d. Breastfeeding | <input type="radio"/> viruses, bacteria, and parasites |

2. According to the conversation, what are the three ways our immune system protects us from diseases?

- a. _____
- b. _____
- c. _____

3. Write the letter of the sentence above next to the picture at the top of the page that it describes.



Value: Illness prevention

Breastfeeding is one of the most important ways to prevent some illnesses. The proteins and nutrients that a mother provides for her baby through her milk protect against infections and reduce the risk of some **diseases**.



Vocabulary

bloodstream. the flow of blood around the body

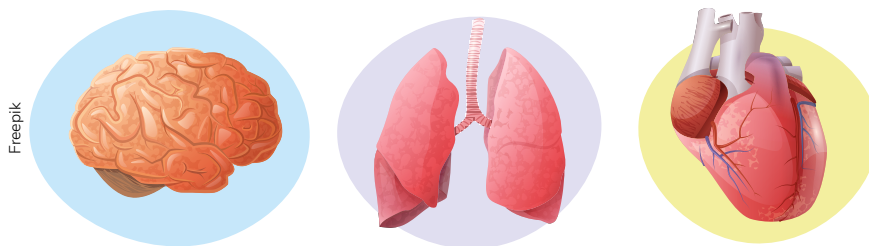
breastfeeding. feeding a baby directly from the mother's breast

disease. an illness in a person

Reading

How often do you get sick? What do you do to get better when you are sick?

World's Common Illnesses



Grammar Tip

- When expressing **suggestions** we can use **should** and **could**.
i.e. You **should/could** eat less fattening food.
- When expressing different grades of **possibility** we can use **can**, **may** and **might**.
i.e. Fattening food **can/may/might** be dangerous for your health.
- When expressing obligation or strong necessity we can use **must**. i.e. People with lung and respiratory diseases **must** reduce or quit smoking.

1. Look at the images and guess what the reading will be about. With a partner, discuss how much you know about each of the organs above.
2. Read the following article from a science magazine. Pay attention to the highlighted words.

Heart, Brain and Lungs

According to the World Health Organization (WHO), 3 out of the top 10 diseases that cause the most deaths in the world are:

1. **Heart diseases.** The symptoms **could** be **chest** pain, abnormal **heartbeat**, and heart **failure**. They **can** be caused by high blood pressure and/or **cholesterol**, smoking, and being **overweight**.
2. **Stroke.** Strokes are caused when an artery is blocked or leaking. This stops the entrance of oxygen to our brain cells which **must** receive oxygen all the time. During a stroke people **might** feel confusion, and have difficulty with walking and vision.
3. **Lower respiratory infections.** They occur in our **airways** and **lungs**, and **may** be caused by viruses or bacteria. The most common are the **flu** or influenza, pneumonia, bronchitis, etc. A person with one of these diseases might not breathe normally, feel a pain in the chest, or have a cough.

In all cases, people should follow good health habits and do physical activity to reduce risks.

Vocabulary

chest. the upper front of the human body between the neck and waist

heartbeat. the movement and sound of the heart

failure. stop working, does not function

cholesterol. a substance found in the blood that contains fat

overweight. weighing more than is healthy

airways. connections between the mouth, nose and lungs

lung. either of the two organs in the chest with which we breath

flu. an illness like a bad cold

3. In pairs. Think of other common illnesses people have, their symptoms and possible causes. Then, write some recommendations for people with those health problems. You must use the modal verbs from the grammar tip.

a. **Illness:** _____

Symptoms: _____

Causes: _____

Recommendations: _____

b. **Illness:** _____

Symptoms: _____

Causes: _____

Recommendations: _____


Writing

What does a doctor prescribe when you are sick? How do they know what to prescribe?

A Medical Prescription


- Imagine you are a general medicine doctor and have three patients with different illnesses. Read their medical histories with their current **symptoms**, and write a medical prescription for each patient with some instructions and recommendations. Use affirmative and negative **imperative** sentences.

Lorena Sosa,
55 years old
Daily **smoker**
Chest pain
Fast heartbeat

 MEDICAL PRESCRIPTION FORM


Rx

Christopher Smith,
15 years old
Plays video games
for long hours/No sports
Gets tired when walking
Sight problems

 MEDICAL PRESCRIPTION FORM

Rx

Isaac Blanc,
29 years old
Coughing
Sneezing
Chest pain

 MEDICAL PRESCRIPTION FORM

Rx



Tip

Use the following phrases during your role-play

The doctor: *What can I do for you?/How can I help you?/How are you?/What do you feel?/What are the symptoms?/Take.../Do.../Sleep.../Get some.../Don't...*

The patient: *I don't feel well.../I'm feeling.../I can't... very well.../I have a pain/an ache in my/the.../My... hurts/aches./I (usually/often) .../I...all the time*

Vocabulary

prescription. written authorization from a doctor to buy a specific medicine

symptom. a signal that shows that you don't feel well or something is wrong

smoker. a person who smokes cigarettes

sight. the ability to see

cough. force air out of the throat and mouth with a loud sound

sneeze. when air suddenly comes out of your mouth and nose without your control

- Act it out! Role-play with a partner. You are the doctor giving the instructions and recommendations for the patient (your partner) listed above. Then, switch roles.

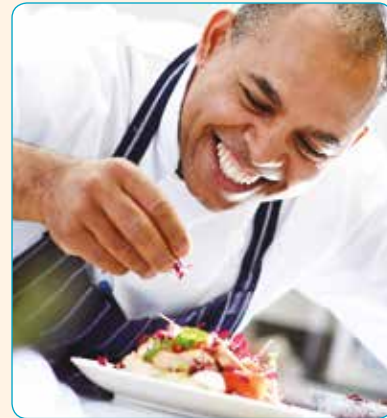
Language Through the Arts

Why do you think cooking is considered an art? What foods have you seen or eaten that you would say are artistic?

Culinary Art

Read about culinary art. Then, with a partner, discuss the questions below the text. Write the main points of your discussion on the lines at the bottom of the page. Be prepared to share them in small groups for class.

The **joy** of cooking motivates some people become excellent cooks, professional chefs and even TV stars. They not only make beautiful and delicious meals, exotic and colorful dishes; they also have the ability to teach their cooking methods and tips to others. Moreover, after cooking, they show us the wonderful experience of sharing their creations with family and friends.

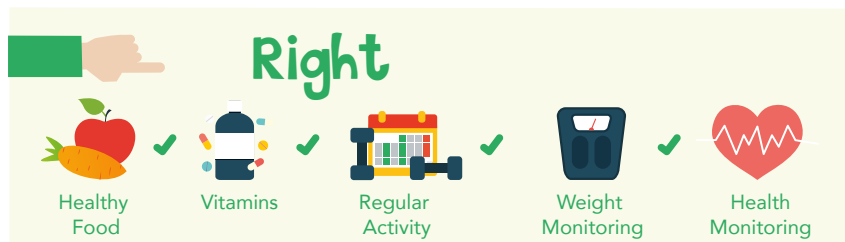


Pixabay/Salah Jalal

1. Do you like cooking? Do you know famous chefs, cooks or celebrities related to the cooking industry? Where do they work? Why do you think they are famous?
2. How are food and health related? Explain the importance of healthy cooking and eating habits. You can get some ideas from the chart below.

Value: Healthy nutrition habits

Children and teenagers' bodies are growing, so they need **nutritious** food to have strong and healthy **bones** and **muscles**. Therefore, you should eat fruits, grains, vegetables, dairy products, and proteins every day. They all contain the vitamins and minerals your body needs.



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Vocabulary

joy. with a lot of pleasure and satisfaction

nutritious. good for your body, full of nutrients

bones. the hard parts of the body that form the skeleton

muscle. a mass of tissue in the body that can tighten and relax to produce movement

Question 1 notes: _____

Question 2 notes: _____

Oral Communication



Physical Education

How often do you get physical exercise? What activities do you do?

Physical Exercise

1. Listen to a couple of teenagers talking. Can you identify what the main topic of their conversation is? Write the main topic on the line below.



Audio

Listen to the dialogue.

2. Listen to the conversation again. Change the words in italics so the sentences have the correct information.

- a. One of the teenagers is very happy.

- b. One of the teenagers *walked* two kilometers this morning.

- c. One of the teenagers ate lots of sweets at her grandma's house last *night*.

- d. One of the teenagers is too shy to wake up early.

- e. One of the teenagers sleeps until ten on Saturdays.

3. Listen again and complete the nouns chart below. In the boxes, write what the adjectives are describing.



Adjectives

tired
exhausted

Nouns

teenager



fattening



lazy



important



sick



Vocabulary

exhausted. very tired

fattening. food that contains fat (grease) and causes weight gain

Communication and Cultural Awareness

Vegetarian or vegan, what is the difference?

Veggies vs Meat



Freepik

Grammar Tip

- Don't forget! **Adjectives** qualify or modify **nouns** and **adverbs** qualify or modify **verbs**.
- Some adverbs are formed by the adjective + **ly**. i.e.
Her songs are beautiful./She sings beautifully.
- Other adjectives are also used as adverbs (no change). i.e.
Your family is very healthy./Your family eats healthy.
- Another irregular adverb is good-**well** i.e. Her food is really good./She cooks very well.

Did you know that vegetarians do not eat meat but they eat products that come from animals like milk, yogurt, cheese, honey, etc.? Contrary to vegetarians, vegans do not eat any product from animals. According to some studies done at Harvard University, there are more than 600 million vegetarians in the world, and they live eight years more than the general population. That is mainly because they eat healthy food, they keep **fit** and process food quickly.

1. Transform the adjectives in parenthesis into adverbs to complete the qualities of a vegetarian.
 - a. They run more (quick) _____ than the general population.
 - b. Vegetarians eat (proper) _____ and (healthy) _____.
 - c. They're usually (physical) _____ active.
 - d. Most vegetarians live (good) _____.
2. In small groups. Think of examples of food that vegetarians eat to replace animal protein. Then, check the pyramid below and compare your answers.



Vocabulary

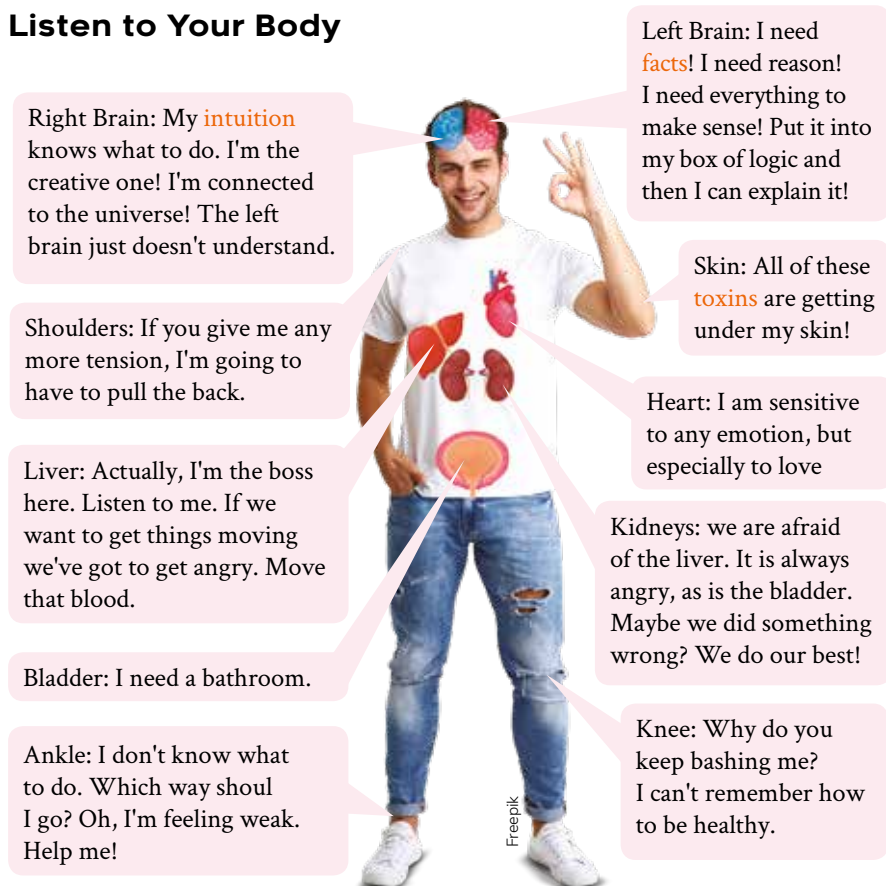
veggie. vegetables

fit. being in good shape

Oral Communication

Do you pay attention to your body? What does it tell you?

Listen to Your Body



Value: Personal care

We must learn to pay attention to our body. It gives us some **hints** in order to tell us that something is wrong, or if some organ or part needs something. For example, sometimes **severe** acne can be caused by excessive fattening food or lack of hygiene. Therefore, do not eat lots of greasy food, take a shower and wash your hands regularly.

1. Listen to the audio and guess which body part is speaking.
2. Listen to the conversation again and complete the chart.



Audio

Listen to the dialogue.

Part of the body	Complaint
Right brain side	
Left brain side	
Heart	
Skin	
Foot	

3. In small groups, choose a part of the body different from the activity above. Discuss what the body part would say if it could talk. Would it complain or be thankful for what you do? Take turns so all group members can share. Finally, share the best comments with the class.

Example: *Hello Suzy! I'm your head, right up here. Don't overthink too much! You don't want a headache, do you?*



Vocabulary

hint. a piece of information to help understand

severe. extreme

intuition. feeling or sensation about knowing something

fact. information that is true and can be proved

toxin. substance that is produced by bacteria, poisonous to the body

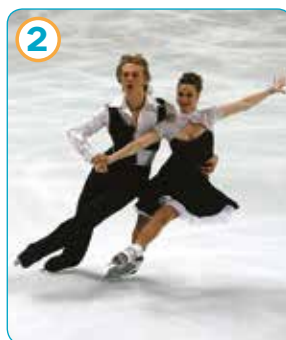
Language Through the Arts

Which sports do you consider to be artistic? Which are not?

Value: Healthy recreation habits

Finding a physical activity such as dancing or doing sports will prevent you from getting many diseases, and it is also a productive way to spend your free time. Additionally, it can open new opportunities such as making new friends, and becoming a professional in the future.

Artistic Sports



Freepik / Pixabay

If you are an art lover and would also like to be in a good shape, there are certain sports that are the perfect balance between them both. There is figure skating or ice skating, rhythmic gymnastics, and synchronized swimming, among others. These sports are very demanding. Skaters spend very long hours practicing so that they can perfect their techniques and give excellent **performances**. In addition, there are important health benefits. This sport requires lots of **stamina**, balance, and flexibility. All are necessary to keep your body healthy and in good shape.

1. After reading the text, can you identify the three artistic sports in the images above? Which do you like the most? Discuss with a partner and answer on the lines below.

1

2

3



Freepik

Vocabulary

performance. to perform a play, act, concert, etc. in front of an audience

stamina. the power and strength to do something difficult for an extended period of time

2. Now, in small groups, think of other artistic sports. Then, compare them with other groups. Discuss the following questions. Is it a team or individual sport? Indoors or outdoors? How popular is it in person? On TV?

Oral Communication

Have you heard of **brain gym**? What do you think it might involve?

Train Your Brain

1. Listen to a conference given in a school about brain gym. Then, write the benefits of each brain gym exercise.



Audio

Listen to the dialogue.

2. Listen to the conversation again, and in pairs discuss the possible situations when you can use the brain gym exercises mentioned. Take some notes to have ideas before the discussion. When you finish, try to do each brain gym exercise.



cross crawls



brain buttons



hook-ups



the lazy eight

Tip

When you want to clarify something you heard, you can say: *I heard.../What I heard is.../What I understood/got is.../The speaker said.../I'm not sure he/she said.../I'm sure/certain he/she said.../I didn't understand (much/at all/everything/completely).*



Vocabulary

brain gym. exercises to wake up the brain and stimulate its function

crawls. brain gym position

anxiety. a bad feeling of nervousness about something that is going to happen

Reading



Biology

What does biology study? Are you interested in studying biology?



Biology

1. Look at the image on the left. What do you see? Where is it? Discuss with a partner.
2. Read the following ideas about biology. They are not in the correct order. Number each idea to organize the text. Think about what could be the introduction, details, and a concluding point. Once they are numbered, read it again to see if it makes sense. Work with a partner.

- ☐ Nobody knows precisely when humans started to study the amazing natural world, but we all agree that their work and ideas have helped science since hundreds of years ago.
- ☐ People who study biology are biologists.
- ☐ Biology is the science of life and all living things such as animals, plants, and microorganisms like bacteria, and viruses. It also studies their environments and evolution.
- ☐ These scientists study the structure of living things (anatomy), the interaction with their environment (ecology), how their body parts work together (physiology), large groups of animals (zoology) and large groups of plants (botany), among others.

3. Work with a partner. After learning about biology, make a list of living things to complete the chart below. Then, choose which area of biology could study each group: anatomy, ecology, physiology, zoology, botany.



Vocabulary

cactus. desert plant with small spines

bacteria. very small organisms that can cause infections

microorganisms. an extremely small living organism

	Name	Name of science
Animals	cows	
Plants	cactus	
Microorganisms	bacteria	

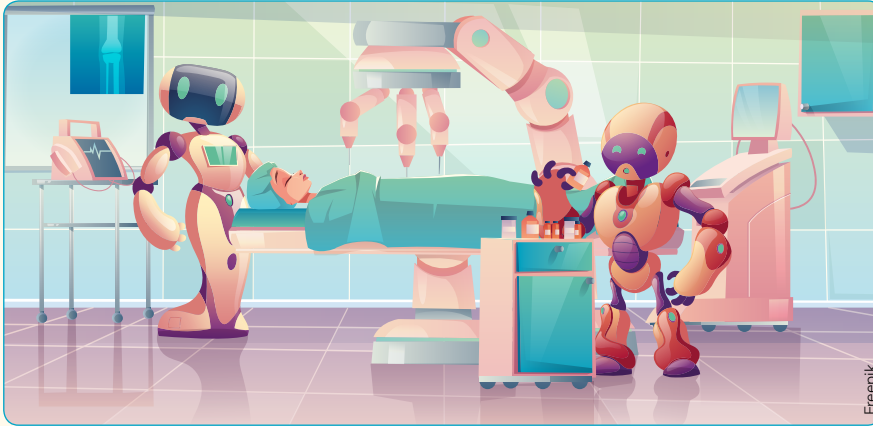
Writing



Science

What do you think medicine and treatments will be like in the future?

Medicine of the Future



1. Think of the medicine of the future. How different will doctors and nurses be? What kind of hospitals and clinics will there be?
2. Work with a partner or in a small group. Brainstorm some ideas about the future of health, medicine, science, food, physical exercise, or anything related to a healthy life style. When you have your ideas ready, write a paragraph below. Don't forget to include the modal verbs listed on the right.

Introduction.

1

2

3

Conclusion

Grammar Tip

When writing about future events, we can never be totally certain about them. Therefore, we can replace *will* or *going to* with modal verbs like:

- **may** and **might** (possibility)
i.e. *In the future, doctors **may/might** use cells instead of **pills**.*
- **could** and **should** (suggestion) i.e. *In the future, scientists **could/should** find the treatment for all types of cancer.*
- **must** (obligation) i.e. *In the future, world health organizations **must** be prepared for serious **viral** diseases.*



Vocabulary

pill. small dose of medicine that can be swallowed

viral. something that is spread quickly

Assessment

Vocabulary

- 1— Circle the correct words in blue to make logical sentences.
- Our **body/life/health** is a biological system consisting of billions of cells, tissues and organs.
 - Water/blood/cholesterol** is the red fluid that supports all our body functions.
 - A **prescription/treatment/symptom** is a signal that shows that you don't feel well.
 - Muscles/organs/bones** are hard parts of a human or animal that form the skeleton.

Grammar

- 2— Name each column with the words **nouns**, **adverbs** and **adjectives**. Then select one word from each category and make complete sentences, as in the example: *A sick patient needs to eat well.*

exhausted	patient	healthy
fattening	activity	well
lazy	food	quickly
early	teenager	properly
sick	student	physically

- _____
- _____
- _____

Listening

- 3— Listen to a patient talk about their health problem. Then, complete the chart.

Patient's name	
Symptom	
Prevention	
Possible illness or disease	

Treatment

Reading

- 4— Read the text below about the importance of family meals. Then, read the statements to decide whether they are **True(T)** or **False(F)**. Use the line provided to correct the statement if they are false.

Family Meals

Having regular meals is a positive ritual for all members of a family. Having breakfast, lunch or dinner at home is not only the time to eat, but also to share about daily activities and feelings with the people we love. In fact, studies show that teens still want their parents' advice and care, so meal time is their chance to reconnect. Healthy family members are most likely to eat vegetables, fruits, and grains. They usually have less snacks or fast food, and are commonly non-smokers, and don't use drugs or alcohol.

- Breakfast, lunch and dinner are examples of daily meals. ☐
- During a family meal we can only eat. ☐
- Studies prove that teenagers want their parents' advice and care. ☐
- People who have meals at home regularly like fast food, drugs and alcohol. ☐

Writing

- 5— In your notebook, write a short dialogue between two parts of the human body. If they could talk, what would they say? Write three statements for each body part.

Speaking

- 6— Your friend is asking you for some advice about exercising and keeping fit. Recommend some activities and their benefits to our health.

Grammar/Vocabulary

- 1— Choose the correct adjective or adverb from the choices to make logical sentences.

slowly healthy beautifully normal

- My mom is so _____ that she never needs to take any medicine.
- A _____ heartbeat rate cannot surpass 60 to 100 beats per minute.
- My cousin is a professional skater and she dances _____ on ice.
- If you are stressed, take things _____ and enjoy life.

Listening

- 2— Listen to a nutritionist talking about vegetarian food. Then, circle the correct facts in each sentence below.

- Thousands/hundreds/millions of people have decided to be vegetarian.
- Vegetarians replace milk/meat/food with other meatless products.
- A meatless diet reduces cholesterol and toxic food contaminants/nutrients/proteins.
- Eggs, dried fruits, whole grains, green vegetables, and some cereals are examples of food that contain/reduce/replace the nutrients the body needs.

Reading

- 3— Read a letter a boy wrote below. Then, answer the questions below.

Dear grandma,
I hope you're doing fine. Today, I'm not feeling well. I have a cough, a sore throat, and painful muscles. Doctor Burk said I caught the flu, which is short for influenza, a kind of virus.

My friends Sarah, Joe, and Kale from school also caught it. Too bad this virus keeps going around to many people. Now I understand the importance of keeping distance and washing our hands frequently.

My mom is giving me lots of fluids and she tries to make me sleep for long hours. I'm a little bored but if I follow my mom's and Doctor Burk's recommendations, I'm sure I'll be fine soon so I can visit you. I miss you.

Lots of love,
Louis

- a. Who is the boy writing the letter to?

- b. What are his symptoms?

- c. What is his illness?

- d. What is the treatment?

Writing

- 4— Imagine you are a doctor speaking with a patient. In your notebook, write a short dialogue in your notebook where the patient describes symptoms and the doctor asks questions and explains treatments for the symptoms.

Speaking

- 5— If you could choose between orthodox and alternative medicine, what would you choose? Why? What are the benefits of your chosen medicine? Have you ever used it?

I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it somewhat well	I can improve	I can't do it without help
I can talk about lifestyle matters (health, diet, medicine, prevention, etc.)				
I can use modal verbs to express probability, suggestions, and obligation.				
I can give orders, directions, and suggestions with imperatives.				
I can write, read and understand a medical prescription.				



Project 1

Learning About Natural Medicine



Research some home remedies or alternative medicine used to treat minor health problems. You can ask your parents, grandparents, other family members, and friends.

You can follow these steps:

- 1 Make a list of the possible health problems(column 1 in the chart below).
- 2 Then, ask your parents, older siblings, grandparents, or any friend or family member if they know any **home remedy** or alternative medicine for the health problem on your list (chart column 1).
- 3 Complete the information you obtained in the chart to gather as much information as possible. Look at the example.

	Mom	Dad	Grandma	Friend
1. flu	chicken soup		warm lemonade	
2.				
3.				
4.				



Vocabulary

home remedies. an effective way to cure a health problem with natural products

- 4 Report the ideas to the class using photos, posters and possibly real items such as herbs, oils, etc.

Let's review!

Vocabulary

1— Match the following words with the correct description by writing a letter in the correct circle.

- | | | |
|------------------|-----------------------|---|
| a. blood | <input type="radio"/> | the movement and sound of the heart |
| b. infection | <input type="radio"/> | a way to cure a health problem with natural products |
| c. heartbeat | <input type="radio"/> | a signal that shows that you don't feel well |
| d. symptom | <input type="radio"/> | a disease in a part of your body caused by a bacteria |
| e. home remedies | <input type="radio"/> | red liquid that is sent through our bodies by the heart |

Grammar

2— Using the images below, write some imperative sentences with suggestions to a friend who is having some health problems. Check the unit pages for examples.

Grammar Tip

Remember to use the contraction of **do + not** (**don't**) when saying negative imperative sentences! i.e. *Don't sleep late!*



Reading

3— Read the following text and answer the questions below.

Orthodox and Alternative Medicine

Orthodox medicine is based on the scientific process, which means it's valid after observation and research. People who practice this type of medicine are healthcare professionals like medical doctors, nurses, and therapists. They treat patients' symptoms and illnesses by prescribing drugs, surgery, therapies, and so on. On the other hand, alternative medicine is not recognized by the medical community. However, it can be used as complement to orthodox medicine. It includes homemade preparations such as natural herbal teas and syrups, massage therapies, acupuncture, homeopathy; and spiritual healing techniques such as yoga, reiki, meditation, etc.

4— Circle the letter of the statement below which is the main idea of the text above.

- The benefits of orthodox medicine.
- The benefits of alternative medicine.
- The differences between orthodox and alternative medicine.
- The importance of alternative medicine.

Writing

5— In your notebook, write complete sentences using your own words to answer the questions below.

- What's the main difference between orthodox and alternative medicine?
- Give some examples of how professional medical doctors treat their patients.
- Give some examples of alternative medicine.

Communication and Cultural Awareness



Science

Do you take care of your mind, body and soul?

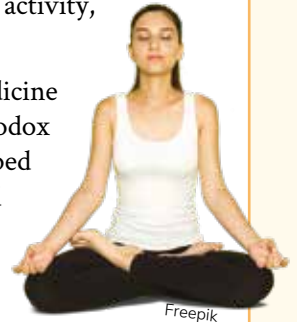
Tip

When you express your **viewpoint**, you can use the following expressions:
I assume/consider..., To me..., It's my view..., To my way of thinking, It's my belief that..., To my mind..., As far as I can tell..., In my opinion..., If you ask me..., The way I see it..., It seems to me..., As far as I can see..., As far as I'm concerned..., I assume that..., I feel that...

Integrative Medicine

Did you know that **integrative** medicine is a type of preventable medicine that promotes healthy nutrition, physical activity, and the ability to manage emotions?

Everybody has the right to decide what kind of medicine to use. Some people prefer to go directly to an orthodox doctor, have surgery if necessary, and take prescribed drugs when feeling sick. Others prefer trying to find a solution with alternative medicine, beginning with home remedies and then getting help from different therapies and orthodox techniques as needed.



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1. In small groups, discuss this topic and answer the questions.

a. What type of medicine is most common where you live?

b. What type of activities integrate your body, mind, and soul?

2. In order to close up your discussion, make a list of pros and cons for each type of medicine.

Traditional Medicine

Pros

Cons

Alternative Medicine

Pros

Cons



Vocabulary

soul. for some people, part of a person that exists after death.

integrative. a combination of various types

viewpoint. a point of view, perspective

assume. to accept that something is true without evidence or proof

Oral Communication

Are you left brained or right brained? What are the differences between the two?

The Human Brain



1. Listen to a biology teacher explaining the human brain to her students.
2. Listen to the teacher again. Write the following parts of the brain in the corresponding space, according to their functions:

the cerebellum

the brain itself

the brain stem

- a. Controls our heart rates, breathing, and digestion

 - b. In charge of maintaining balance and directs whole body movement

 - c. Receives and returns signals, has two hemispheres

3. Work with a partner or in small groups. Use the graphic organizer below to brainstorm and write examples of activities that each side of the brain (left-right) is responsible for, as in the examples.

Left brain	Right brain
<i>Math</i>	<i>Music</i>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Audio

Listen to the dialogue.



Vocabulary

memories. what you remember about things from the past

hemisphere. half of the brain

Reading



Physical Education

How can we have a healthy body and mind? What can you do every day to be complete?

Value: Healthy recreation habits

Every elementary and high school has a subject called Physical Education. This subject teaches the importance of physical exercise to keep a healthy body and mind. P.E. helps you develop your **motor skills**, and improves your hand-eye coordination and body movement. So, do you play sports and games, do aerobics, gymnastics or get running? If you do, your body will thank you by staying fit and healthy.

Keep Calm and Exercise

1. Three students need to decide what P.E. club to join. To help them make up their minds, read some information about each club posted on the school billboard.

Join a Team Sports Club

Did you know that playing team sports helps you develop **self-esteem** and leadership skills? You can also make friends and learn teamwork and time management.

Come and enjoy our after class club. We offer:

- basketball
- volleyball
- soccer
- baseball
- tennis
- table tennis

Schedule:

- Student Age: 7-12
Mon./Wed. 3-5 pm
- Student Age: 13-17
Tues./Thurs. 3-5 pm



Yoga & Martial Arts Club

The combination of yoga and martial arts will teach you physical, emotional and intellectual skills. In addition, you will develop your character and **self-confidence** while having a great time with your partners and teachers.

Schedule: Mon.-Fri. 2 to 5 pm
All ages



Let's Do Aerobics and Gymnastics!

If you are creative and want to learn the ability to perform complex movements to music, practice flexibility, strengthen your muscles, and improve your bone health... welcome to our club!

Schedule:

Mon.-Fri. 2 to 5 pm, all ages



Vocabulary

motor skills. the precise movement of muscles

self-esteem. satisfaction with the kind of person you are

self-confidence. feeling confident about yourself and your abilities

2. Now, read the description of each student and decide what club you think is the best for them. Write the number of the club in the circle provided. Highlight the clue words that support your answers.

- ☐ James, 11 years old, shy and calm, took karate lessons in the past, loves reading.
- ☐ Matilda, 13 years old, friendly, energetic, flexible, loves music.
- ☐ Clair, 16 years old, class leader, not very organized with time, loves sports.

3. It's your turn now. What club would you choose? Why? Discuss it with a partner.

Writing

Can we influence our future? What are you doing in your life that could help your future?

A Long Lifetime

We have lots of experiences during our lifetimes. Some people call them achievements when they are positive or happy, and **mistakes** when they are negative or sad. However, learning from past events teaches us to be more careful, to focus, and to enjoy the present and avoid repeating the same errors in the future

You are going to write a paragraph that includes some thoughts about your past (childhood), your present life, and a few plans or expectations for the future. Brainstorm events in your notebook, and decide what you want to include. Write your paragraph on the lines below.

Grammar Tip

There are different present, past, and future tenses to help you describe events in your life.

	Past	Present	Future
Simple	<i>I was very suborn as a child.</i>	<i>I drink a lot of water every day.</i>	<i>I will join a soccer club next week.</i>
Continuous	<i>The sun was shining in the morning.</i>	<i>I am learning to play a musical instrument.</i>	<i>I will be graduating by 2025.</i>



A mistake is only a mistake if you don't learn from it.

Past. _____

Present. _____

Future. _____



Vocabulary

mistake. an incorrect answer or action

Language Through the Arts

How can we reduce waste? What are you doing in your household and community?



Recycled Art

Did you know that breathing fresh air and having a clean environment is essential to have a healthy lifestyle?

Let's be part of the solution and follow the three R's (Reduce-Recycle-Reuse). Not buying unnecessary things will reduce the amount of waste. Recycling paper, plastic, glass, etc. is a way to transform waste into new materials. And by reusing it, we not only help the environment but also economize and create something nice.

An illustration of a person with blue hair and a green shirt standing next to three recycling bins: green, red, and yellow. The person is putting a bottle into the red bin. Each bin has a white recycling symbol on it. A small "FreePik" watermark is on the right side.

1. So, how can we reuse the waste we generate? In small groups, brainstorm and write down 10 examples of waste, and give an idea for a possible new use for it. Look at the example. You can use examples that people are already doing, and more people could do. *We can make a pencil holder with a plastic gallon bottle.*

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3

4

5

6

7

8

9

10

2. Look at some art pieces created with waste recycled materials to get inspired and make your own. In the box under each picture, write the material used and what it is. Discuss your ideas in small groups.

A photograph of a butterfly-like art piece made from a clear plastic bottle. The wings are made of colorful, patterned paper. A small "FreePik" watermark is on the right side.

A photograph of a pink, stylized face art piece made from a plastic bottle. It has a yellow hair-like structure on top. A small "Cabrera, A." watermark is on the right side.

A photograph of a small, brown, textured figure art piece made from a plastic bottle. It has a long neck and a small head. A small "Pixabay" watermark is on the right side.

Oral Communication

What do you do in your free time?

Leisure Time

1. Listen to this couple of friends. Discuss with a partner what they are talking about.
2. Listen again and complete some of the ideas in the conversation using the correct form of the verbs in the box. When you finish, write the letter **M** for **Mary's** ideas and **D** for **Danny's** ideas next to each statement.

be

wait

feel

go

be

love

go

feel

make

be

Past

- I _____ to a great place last month.
- I _____ a medical appointment yesterday.
- You _____ very supportive.

Present

- I _____ not in a good shape.
- I _____ pretty weak.
- I am _____ some vitamins and I _____ energetic.

Future

- Let's _____ hiking this weekend.
- You're going to _____ it.
- I'll _____ to see what the doctor recommends.

3. Listen to the conversation again, and write three of your own sentences using the past, present and future tenses.

1

2

3



Audio

Listen to the dialogue.



Value: Healthy recreation habits

Enjoying activities that include physical exercise with your family and friends is essential to be healthy and happy. Is there something you've been wanting to try?



Vocabulary

leisure. free time

woods. a large area with trees, a small forest

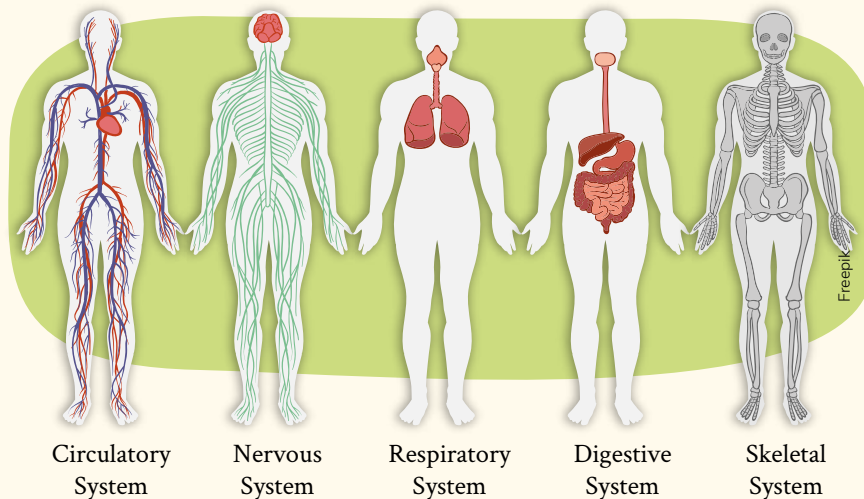
Communication and Cultural Awareness



Biology

What does the nervous system do? What are some other systems in the human body?

The Systems of the Human Body



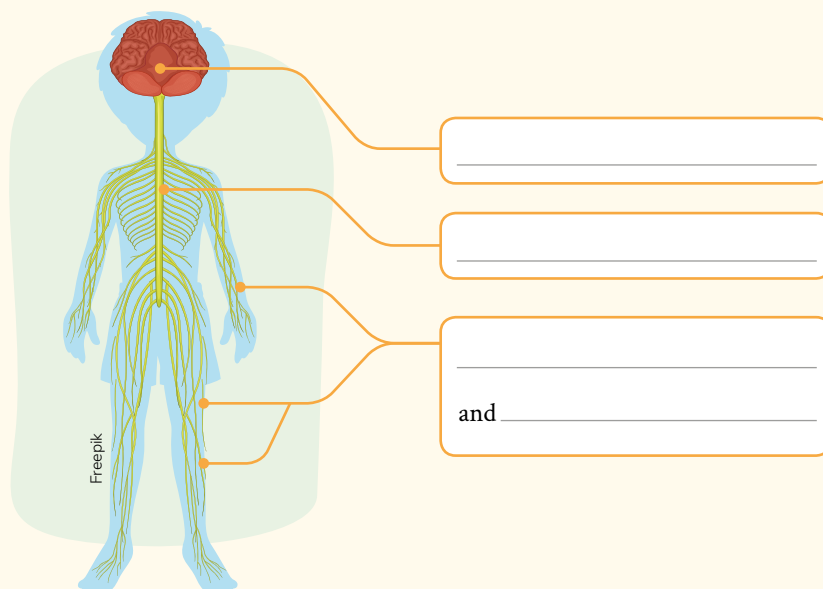
Did you know that the brain is the center of your nervous system? It receives and sends messages from the body thanks to the spinal cord that works like a highway. The vehicles carrying messages about pain, pressure and temperature are the sensory nerves, while the motor nerves carry signals to your muscles and organs. In that way the body knows what to do.

Grammar Tip

We have different verbs we can use to express our five senses:

I use my...	I can...	Sense
ears	hear, listen to	hearing
tongue, mouth	taste	taste
nose	smell, sniff	smell
hands, fingers, skin	touch, feel	touch
eyes	see, look, watch	sight

- Look at the image of the body below and label the parts of the nervous system based on the text above.



- Our brain receives messages through our five senses. In small groups, brainstorm and discuss possible messages the brain can receive depending on the sense. Look at the examples and use the grammar tip verbs.

- I *see* and *smell* some food and my brain tells me to go eat.
- When I *hear* a baby crying, my brain asks me to cover my ears.

Oral Communication

What makes you feel happy? How often do you get angry or frustrated?

Expressing Your Feelings



1. Listen to a student talking to her teacher. Then circle the emotions that you hear in the group of emojis above.
2. Listen again, then, write or draw the positive feelings on the left, and the negative feelings on the right. Check the examples. Add as many new examples of feelings as you can think of. Finally, in small groups, compare your lists.



Audio

Listen to the dialogue.



Positive feelings

Happy :)



Negative feelings

Sad : (

3. In small groups, discuss why the kid is not feeling well today and what advice the teacher gives him/her. On the lines below, answer the following questions. What do you think about the teacher's advice? Would you recommend something different?



Value: Mental health

Not many people like to share their problems and the way they feel, so they keep their feelings inside. However, even when it's hard to express them, there's always someone you can **trust**. They can listen and help you when you need support. If we don't share our emotions, our body reacts in negative ways. For example, it can affect our memory and blood pressure. Also, over time, the risk of diabetes, heart diseases, anxiety, aggression, and depression increases.



Vocabulary

trust. belief in something or someone

Reading

How can we prevent illnesses and injuries? What steps do you take to stay safe and healthy?

Illness and Injury Prevention

1. Read the two brochures and decide which one is about injury prevention and which is about disease prevention. Write the type of prevention in the box below the brochure.



COVID-19
PROTECT YOURSELF
& YOUR FAMILY
Prevention

1. Avoid contact with people with the flu.
2. Cover your mouth when you cough or sneeze.
3. Throw away used **tissues** in a covered trash can.
4. Wash your hands with soap and water frequently. Also, use alcohol **sanitizer**.
5. Avoid touching your eyes, nose or mouth.
6. Avoid crowds and shaking hands.
7. Keep **social distance**.



Stop Student Injuries

Lots of students have concussions when playing sports. To create a culture of concussion safety, you must:

- a. Learn about **concussion** symptoms.
- b. Report any concussion if you suspect one.
- c. See a doctor, nurse or any health professional.

2. After reading the two brochures, discuss in small groups the importance of illness and injury prevention. Consider what injuries and illnesses can be prevented, and also the possible consequences of not practicing prevention.
3. Find the prevention tips recommended in the brochures related to the following statements. On the line below the statement, write a possible consequence and a step for prevention.

- Organizing a concert.

- Visiting your sick friend.

- Keep a secret with a friend who has concussion symptoms.

- Pick your eyes and nose.

Vocabulary

tissue. a small and soft piece of paper

sanitizer. a substance to remove bacteria

concussion. brain injury caused by a sudden impact to the head

Writing

Do you think preventing most injuries and illnesses is simple or complicated?

What Are the Odds?

Imagine you are an expert in illness and injury prevention, and you need to write a magazine article about it. Use the images and the grammar tip below to write your sentences. Read the example about the dangers of the sun. Write similar recommendations for the other images. You can discuss ideas in small groups.



When you are **exposed** to the sun for a long period of time, you **can** get seriously burned and **may** get skin cancer. For this reason, you **must** wear a shirt and a cap. You **could** put some sunscreen lotion, and you **should** drink lots of water.









Grammar Tip

The **modal verbs** in blue are used to express:

Obligation	Possibility	Suggestion
We must not ride a bike in a busy highway.	You can prevent an injury.	People should sleep at least 8 hours a day.
We have to wash our hands frequently.	You may/might get an infection.	You could talk to your mother about your feelings.



Vocabulary

what are the odds? likelihood something will happen

exposed. not covered or not protected

Language Through the Arts

How can we transform feelings into art? How artistic are you?

Thinking + Feeling = Art

Did you know that many famous artists struggled and had great difficulties before they created incredible works of art? We can pay attention to our sad, happy and angry thoughts and use them to help us create art. That will help us feel better and move on with our life. **Moreover**, your artistic creation may be interesting, attractive, unique, and certainly original.

1. Write the letter of the descriptions at the bottom of the page below the image it describes.



Tip

When expressing our feelings, we can say: *I feel/ It makes me feel great/happy/sad/emotional/touched/great/terrible/inspired/impressed/angry/furious/scared/terrified/worried.*

2. Below are three ideas to help you be creative and express your emotions. Is there something (emotion, situation, experience) or someone (family, friend, stranger) that might inspire you? Explain your thought process with a classmate.

- A** Think of a color. Then, what emotion(s) do you feel when visualizing that color? Take a color pencil, marker, crayon, chalk, or any kind of drawing/painting object; and let those emotion guide you to create something.
- B** If you prefer to write instead of drawing or painting, start your own diary or anecdote book. There, you can express what you are feeling with details. They can be real or imaginary stories and characters. Write about what they experience in their lives.
- C** Use clay, play dough or any molding material to make an object that you like, or something that you are feeling or thinking but cannot express with words.

Vocabulary

moreover. additionally

Oral Communication

Can we change our habits? What are some things you would like to do more, or less of?

Starting a Healthy Habit



1. Listen to a nutritionist visiting a school. What is the main topic of his speech?
2. Complete the chart with examples of bad habits and possible healthy changes the nutritionist recommended to the students.



Audio

Listen to the dialogue.

Bad Habits	Healthy Habits

3. Now, imagine you have the opportunity to talk to the school authorities and explain the importance of nutrition in education. What suggestions would you make about the food available at your school? Write ideas on the lines below and practice a dialogue with a partner.

A. _____

B. _____

A. _____

B. _____

Grammar Tip

Remember that **imperative sentences** are used to give orders, commands, directions, instructions, and recommendations.

Affirmative: *Stop drinking too much coffee! Start a daily exercise routine!*

Negative: *Don't spend too much time watching TV! Don't stay up late at night!*

Value: Personal care

Changing or starting new healthy habits will give you the chance to live a longer and healthier life. You will inspire others to do it too, and it will make you feel good about yourself.



Vocabulary

soda. a sweet, carbonated beverage

hero. someone admired and respected for his/her efforts and accomplishments

Assessment

Grammar/Vocabulary

- 1— Using the images and the words from the box, write 4 complete sentences. Read the example given.



stomach	pain
broken	injury
brain	heart
leg	flu
sneeze	disease
cough	concussion
fever	head

Example: A concussion is a brain injury.

- a. _____
- b. _____
- c. _____
- d. _____

Listening

- 2— Listen to a patient talking to a doctor. Complete the statements below with information from the audio.

- a. _____ doctor. I've had stomach pain all afternoon.
- b. _____ this morning.
- c. _____ time for breakfast.

Reading

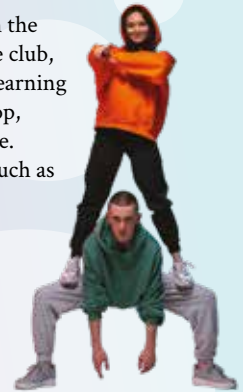
- 3— Read the following text and decide if it is a medical prescription, a club brochure or a person's story. Then, answer the questions below.

Do you like to move to the rhythm of the music?

If the answer is yes, come and join the School Choreography Club. In the club, you can make new friends while learning different music styles including pop, tropical, urban, and freestyle dance. You can also learn classic dances such as ballet, tango and folklore..

Schedule:

- Mon. and Fri. 3 to 5 pm
Ages: 10-14
- Tues. and Thurs. 4 to 6pm
Ages: 15-18



Freepik

- a. What can you do in the club in addition to learning to dance?
- b. Write examples of two music styles and two dances that you can learn about in the club.
- c. Can a 12-year-old student join the club on Tuesdays and Thursdays? Why/Why not?

Writing

- 4— In your notebook, write a short paragraph explaining the importance of the three R's (Recycle, Reuse, Reuse) as part of a healthy lifestyle. Give supporting ideas with examples and details.

Speaking

- 5— Your friend, who's very quiet and doesn't like to talk much, is feeling very sad and he asks you for some advice. Explain to your friend that he can express his/her feelings through art. Give him/her some examples of what he/she can do.

Assessment

Do you lead a healthy lifestyle?

Grammar/Vocabulary

- 1 Circle the correct word in *italics* to complete each sentence.
 - a. My father told me he *is/was/were* a good athlete as a child.
 - b. An apple a day *keeps/kept/keeping* the doctor away.
 - c. My sister will *go/going/goes* to a dance competition next month.
 - d. We are *learn/learning/learnt* to play chess in the afternoon.
- 2 Complete the sentences with modal verbs that express:
 - a. Obligation: We _____ wear a helmet to prevent accidents when riding a bike.
 - b. Possibility: Sometimes, playing team sports _____ be dangerous.
 - c. Suggestion: To avoid catching another person's flu, we _____ keep social distance.
 - d. Possibility: We _____ get an infection if we don't wash fruit before eating it.

Listening

- 3 Listen to a science teacher explaining students how the digestive system works. Then circle the correct answer.
 - What is the main job of the digestive system?
 - a. Distribute energy to the body.
 - b. Fight off cells.
 - c. Break down food.
 - What is the last stage of the digestive system?
 - a. Large intestine
 - c. Stomach
 - b. Small intestine
 - After swallowing, what pushes the food to the back of the throat?
 - a. The esophagus
 - c. The small intestine
 - b. The tongue

Writing

- 4 In your notebook, write an invitation for people to join an after-school club. You can decide the type of activity, schedule, ages, and most importantly, the benefits of participating in that club.

Reading

- 5 Read an article from a health magazine and complete the chart with healthy foods mentioned in the text, or write your own examples.

My Healthy Lunch Box

It's very important to have a healthy snack between meals. A healthy snack provides energy and reduces overeating at meal time. So, what are the best foods to put in your lunch box? Some suggestions include fresh fruit, crunchy vegetables, and products rich in protein like meat, hardboiled eggs or nuts. Other nutritious options are found in dairy products such as cheese, milk or yogurt. In addition, there should be whole grains and cereals like bread, crackers or corn. Beans like *chochos* are also great for lunch!

Fresh fruit	
Crunchy vegetables	
Protein	
Dairy food	
Whole grains & cereals	
Beans	

Speaking

- 6 Use the image below to convince a friend to start a healthier lifestyle. Use as many supporting ideas as possible.



I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it somewhat well	I can improve	I can't do it without help
I can give orders, suggestions, and directions using imperative sentences.				
I can write about experiences using past, present and future tenses.				
I can use modal verbs to express obligations, possibilities, and suggestions.				
I can discuss the topics of health and injury prevention.				



Project 2

Healthy Lifestyle



Freepik

ORGANIZE YOUR ACTIVITIES!							
HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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