



JOSÉ MIGUEL DE RESTREPO Y PUERTA SCHOOL.
COPACABANA-ANTIOQUIA

WORKSHOP Nº15

THROUGHLINES: Your world

GENERATIVE TOPICS: This is me!• My family• School life and people

OVERARCHING GOALS: Students will be able to request and provide clarification about how names and unknown words are spelled.

NAME:

DATE:

PERIOD:

COURSE:

ENGLISH TEACHER:

1. Complete the health advice with the headings in the box.

Fitness -Health checks- Healthy food- Hygiene

A. _____

- Eat a balanced diet.
- Drink plenty of water.
- Have plenty of fresh fruit and vegetables.

B. _____

- Wash you hands with soap.
- Clean your teeth.
- Change your toothbrush.

C. _____

- Do an hour of exercise three times a week.
- Walk to school.
- Take the stairs not the lift.

D. _____

- Visit the dentist twice a year.
- Have regular health checks with your school nurse or doctor.

2. Complete and translate the sentences with the words in the box.

dentist doctor exercise fit hands soap toothbrush

To keep healthy, you should:

- wash your (1) _____ with (2) _____ and water after going to the toilet.
- visit the (3) _____ twice a year and get a new (4) _____ every month.
- eat healthy food and do (5) _____ to keep (6) _____.
- visit the (7) _____ every six months for a check-up.

3. Read, translate the text and complete it with the sentences in exercise 2.

HEALTHY SCHOOLS CAMPAIGN

Our school runs an annual 'healthy school' campaign to teach students basic health care. It's a really important part of education because a healthy body means a healthy mind. Here are some of the things we learn:

Annual check-up

Many students only go to the doctor's when they are **extremely** ill. However, our school advises students to have regular health checks and to (1) _____ . Every term the school doctor asks us to complete a questionnaire about our diet, exercise and sleeping habits.

Paul, 16 years old.



Time to brush!

At the beginning of the school year there is a campaign to encourage students to clean their teeth. The teachers invite dental experts to teach us how to brush our teeth properly. At the end, they give us an **incredibly** useful kit: a toothbrush, some toothpaste and floss. They then remind us to (3) _____ .

Annie, 12 years old.



Now wash your hands!

You'll see this sign in public toilets. Don't forget to (2) _____ . This **very** simple action is an easy way to prevent diseases from spreading. Wash your hands regularly throughout the day, before preparing and eating food and after travelling on public transport. Always think ... now wash your hands!

Jan, 15 years old.



Do you have a balanced diet?

Many students have bad diets. They often bring sugary snacks and fizzy drinks to school in their lunch boxes. It's **really** obvious that this is bad for you: eating the wrong types of food can make you overweight and give you health problems. At our school, we have posters everywhere saying (4) ' _____ '.

Lola, 14 years old.



4. Look at the words in blue in exercise 3. Then read the rules below and choose the correct option.

- a. We use words like *very, really*, to make adjectives stronger / weaker.
- b. These words are called intensifiers. They appear *before / after the adjective they are making stronger*.

5. Write these sentences with an intensifier. The adjectives are underlined to help you.

- a. It's important to keep your hands clean. _____
- b. Is it necessary to clean your teeth twice a day? _____
- c. Mary is health conscious. _____
- d. Tara does lots of sport, so she's fit. _____