

Week 15: Planning a Healthy Day

Topics: Routine + Food + Activities

1. Warm-up Healthy or Not?

Indicate whether each of these sentences is healthy or not

- Wake up at 6:00 a.m.
- Eat chips for breakfast.
- Drink wáter.
- Exercise every day.
- Sleep at 1:00 a.m.

Questions

- **What do you do every day?**
- **What healthy food do you eat?**

2. Presentation – Vocabulary Review

Routine

- Wake up
- Brush my teeth
- Go to school
- Do homework
- Go to bed

Food

- Fruits
- Vegetables
- Water
- Chicken
- Rice
- Juice

Activities

- Play soccer
- Ride a bike

- Read
- Exercise
- Walk

Model sentences:

- **I wake up at 6:00 a.m.**
- **I eat fruit for breakfast.**
- **I play soccer in the afternoon.**

3. Practice– Create Your Healthy Day

Students complete the schedule in their notebooks:

Time	Activity
6:00 a.m.	I wake up
7:00 a.m.	I eat a healthy breakfast
12:00 p.m.	I eat lunch
4:00 p.m.	I play soccer
9:00 p.m.	I go to bed

Instructions:

- Include **at least 3 routines**
- Include **2 healthy foods**
- Include **2 activities**

Example:

My healthy day starts at 6:00 a.m. I eat eggs and fruit. In the afternoon, I ride my bike.

Homework

Write **3 sentences** about what you will do tomorrow to have a healthy day.

Example:

- I will eat fruit.
- I will drink water.
- I will exercise.