



## GUIA #10 – SEPTIMOS BÁSICOS

|       |       |                 |
|-------|-------|-----------------|
| Name: | Date: | Grade: 7th ____ |
|-------|-------|-----------------|

I.- **READING. READ THE TEXT, AND COMPLETE THE ACTIVITIES.** (Lectura. Lee el texto y completa las actividades)

### A HEALTHY BALANCE

A healthy life is commonly associated with physical activity. If you do a lot of physical activities, you will probably be a healthy person. Here you will find some physical activities that you can enjoy in order to start living healthier!

1.- Walk: Probably the easiest one to do, because you walk multiple times every day. You can create a new healthy habit if you walk to school every day.

2.- Go Running: If you live too close to your school or walking isn't enough for you, you can always try running! You can do it after you finish your homework, and it is a better exercise than walking.

3.- Play Sports: Playing a sport can be much more fun to do because most sports require other players, which means that you will be able to play with your friends or with your family.

4.- Dance: Do you like music? Then dancing might be your favorite activity. You might think that dancing is not a good exercise, but if you dance for more than 15 minutes, you will do a lot of exercise.

5.- Games: There are many games that you can play with your friends which are also great physical activities. You probably remember games from your childhood such as racing or playing tag.

6.- Cook: Some people love cooking because they find it relaxing and fun. It is also a great opportunity to start eating healthier, too.

7.- Listen to Music: Music is an important part of our lives and listening to your favorite music will make you feel happier and more relaxed.

8.- Sleep: Sleeping 8 hours a day is very important for your health, especially when you are growing up. If you don't get 8 hours of sleep every night, try going to bed a little bit earlier.



## II.- READING. READ THE TEXT AGAIN AND LOOK FOR THE MEANING OF THE FOLLOWING WORDS.

(Lectura. Lee el texto de nuevo y busca el significado de las siguientes palabras)

|                       |                 |
|-----------------------|-----------------|
| 1.- Healthy:          | 2.- Enjoy:      |
| 3.- Walk:             | 4.- Go running: |
| 5.- Enough:           | 6.- Better:     |
| 7.- Much more fun:    | 8.- Players:    |
| 9.- Exercise:         | 10.- Childhood: |
| 11.- Listen to music: | 12.- Happier:   |
| 13.- Sleep:           | 14.- Growing up |

## III.- MATCHING. MATCH THE CONCEPTS WITH THE CORRESPONDING PIECE OF INFORMATION.

(Unir. Une los conceptos con su correspondiente información)

- a. Walk
- b. Games
- c. Dance
- d. Cook
- e. Sleep
- f. Relax
- g. Read

|                          |   |                          |  |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Probably the easiest one to do. You can create a new healthy habit if you do it every day.              | <input type="checkbox"/> | Some people love it because they find it relaxing and fun. It is also a great opportunity to start eating healthier too. |
| <input type="checkbox"/> | There are plenty of these that you can play with your friends which are also great physical activities. | <input type="checkbox"/> | Sometimes, the best thing to do if your mind needs a break is to do nothing. Just rest!                                  |
| <input type="checkbox"/> | Do you like music? Then this might be your favorite activity, if you do it for more than 15 minutes.    | <input type="checkbox"/> | It is great for your imagination and will help you discover worlds that are hidden inside the pages.                     |
| <input type="checkbox"/> | Doing it for 8 hours a day is very important for your health, especially when you are growing up.       |                          |  |