

# LEARNING SESSION N° 1

## I. GENERAL INFORMATION

1. SCHOOL : I.E.E "Antonio Guillermo Urrelo"
2. AREA : English
3. GRADE : 3°
4. GROUP : "A"
5. LEVEL : Secondary
6. DATE : 20/11/19
7. CLASS : 2:30 -3:15 (45 minutes)
8. NUMBER OF STUDENTS : 29
9. JURY'S NAME : Dra. PANTOJA ALCÁNTARA, Isabel del Rocio.  
Dra. ZAVALA GONZÁLES, Leticia Noemí.  
Mg. MUÑOZ RAMÍREZ, Teresa del Rosario
10. TRAINER'S NAME : BARRANTES GUEVARA, Itala Roxana.

## II. DIDACTIC UNIT

**"TALKING ABOUT HEALTHY FOOD AND HABITS"**

## III. TITLE OF LEARNING SESSION

**SHE DRINKS WATER**

## IV. EXPECTED LEARNING :

COMPETENCE	CAPABILITY	PERFORMANCE
ORAL TEXT COMPREHENSION (listening)	Identify specific information from oral texts.	Identify specific information from oral texts and create one conversation about healthy habits in your family.



*Barrantes Guevara Itala Roxana*

V. DIDACTIC SEQUENCE

EXPECTED LEARNING	STAGES	SEQUENCES	MATERIALS AND EQUIPMENT	PERFORMANCE	EVALUATION		TIME
					TECHNIQUES	INSTRUMENT	
ORAL TEXT COMPREHENSION (listening) Identify specific information from oral texts.	<b>STARTING OUT</b>	<ul style="list-style-type: none"> <li>✓ The teacher greets the students</li> <li>✓ The teacher presents vocabulary about healthy habits.</li> <li>✓ The teacher activates the students previous knowledge</li> <li>✓ The teacher asks students a question to make the cognitive conflict</li> <li>✓ Students recognize the topic</li> </ul>	Flashcards  Board				10'
	<b>PROCESS</b>	<ul style="list-style-type: none"> <li>✓ Listen the audio about healthy habits(three times)</li> <li>✓ Students listen and fill in the gaps with the correct word.</li> <li>✓ Listen to the audio again and choose the correct answer.</li> </ul>	Markers  Wall chart	Identify specific information from oral texts and create one conversation about healthy habits in your family.	Systematic observation	Observation Guide	
	<b>OUTPUT</b>	<ul style="list-style-type: none"> <li>✓ Create a short conversation about healthy habits in their family</li> <li>✓ Evaluation feedback</li> <li>✓ self- evaluation</li> </ul>	Handout				

# SHE DRINKS WATER

I. Complete the sentences according to the pictures. Use words from the box.



a. HE does exercise



b. SHE \_\_\_\_\_



c. THEY \_\_\_\_\_



d. SHE \_\_\_\_\_



e. HE \_\_\_\_\_



f. HE \_\_\_\_\_

Words bank

1. Play
2. Do exercise
3. Drink water
4. Sleep well
5. Eat vegetables
6. Wash her hands

II. Listen and fill in the gaps with the correct word.



- a. sleep
- b. healthy
- c. sodas
- d. water
- e. exercise

## HEALTHY HABITS

### **A Nutritious Diet**

Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruit and (0) vegetables. Drink plenty of (1) \_\_\_\_\_ and avoid (2) \_\_\_\_\_ and foods high in cholesterol, saturated fats and sugars. A regular, nutritious diet is important to your physical health.

### **Adequate Sleep**

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. (3) \_\_\_\_\_ in a dark room without distractions such as music or other noise. If you have difficulty to sleep, ask your doctor about other ways to relax before bedtime.

### **Regular Exercise**

The human body requires regular (4) \_\_\_\_\_ for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure.

### **Stress Management**

When life gets hectic, many individuals fail to develop (5) \_\_\_\_\_ stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.

III. What is the main idea of the oral text?

- a) How to break bad habits                      b) what causes unhealthy habits  
 c) Good habits that improve wellness      d) how to replace bad habits with good ones

 V. Listen to the audio again and choose the correct answer.

1. Which of the following is not a healthy habit?  
 a) Regular exercise    b) Adequate sleep    c) Smoking    d) Playing with friends
2. According to doctor, we should sleep in a  
 a) Dark room    b) Noisy room    c) A room in which music is being played    d) Doesn't matter
3. Which of the following is an Unhealthy habit?  
 a) Eat fruit and vegetables    b) Managing your stress    c) Drink soda    d) Eat clean food
4. Which of the following helps us in reducing stress?  
 a) Talking to friends about the situation    b) Watching a movie with loved ones  
 c) Reading books or playing games    d) All of the above

V. Practice a conversation about healthy habits

A: Tell me about healthy habits in your family  
 B: My mother **does a lot of exercise** and my brother **drinks water**.  
 A: Oh great!



A: Tell me about healthy habits in your family  
 B: My \_\_\_\_\_  
       and my \_\_\_\_\_  
 A: Oh great!



He She It	+	does not doesn't	+	start	« 1st form of verb »
I You We You They	+	do not don't	+	start	« 1st form of verb »

Example: She **does not** ( **doesn't** ) start new diet.  
 Example: You **do not** ( **don't** ) start new diet.

# Answer sheet

## SHE DRINKS WATER

I. Complete the sentences according to the pictures. Use words bank from the fox.



a. HE does exercise



b. SHE washes her hands



c. THEY play



d. SHE drinks water



e. HE eats vegetables



f. HE sleeps well

Words bank

7. Play
8. Do exercise
9. Drink water
10. Sleep well
11. Eat vegetables
12. Wash her hand

II. Listen and fill in the gaps with the correct word.



- a. sleep
- b. healthy
- c. sodas
- d. water
- e. exercise

### HEALTHY HABITS

#### A Nutritious Diet

Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruit and (0) vegetables. Drink plenty of (1) water and avoid (2) sodas and foods high in cholesterol, saturated fats and sugars. A regular, nutritious diet is important to your physical health.

#### Adequate Sleep

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. (3) sleep in a dark room without distractions such as music or other noise. If you have difficulty to sleep, ask your doctor about other ways to relax before bedtime.

#### Regular Exercise

The human body requires regular (4) exercise for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure.

#### Stress Management

When life gets hectic, many individuals fail to develop (5) healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.

III. What is the main idea of the oral text?

- a) How to break bad habits      b) what causes unhealthy habits  
~~a)~~ Good habits that improve wellness      d) how to replace bad habits with good ones

IV. Listen to the audio again and choose the correct answer.

1. Which of the following is not a healthy habit?

- a) Regular exercise    b) Adequate sleep    ~~c) Smoking~~    d) Playing with friends

2. According to doctor, we should sleep in a

- ~~a) Dark room~~    b) Noisy room    c) A room in which music is being played    d) Doesn't matter

3. Which of the following is an Unhealthy habit?

- a) Eat fruit and vegetables    b) Managing your stress    ~~c) Drink soda~~    d) Eat clean food

4. Which of the following helps us in reducing stress?

- a) Talking to friends about the situation    b) Watching a movie with loved ones  
 c) Reading books or playing games    ~~d) All of the above~~

V. Practice a conversation about healthy habits

A: Tell me about healthy habits in your family

B: My mother **does a lot of exercise** and my brother **drinks water**.

A: Oh great!



A: Tell me about healthy habits in your family

B: My grandmother drinks water and my sister sleeps well.

A: Oh great!



He  
She  
It

+

does not  
doesn't

+

start

« 1st form of verb »

I

You  
We  
You  
They

+

do not  
don't

+

start

« 1st form of verb »

Example: She **does not** ( **doesn't** ) start new diet.

Example: You **do not** ( **don't** ) start new diet.

## LISTENING TYPESCRIPT

### **A Nutritious Diet**

Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruit and vegetables. Drink plenty of water and avoid sodas and foods high in cholesterol, saturated fats and sugars. A regular, nutritious diet is important to your physical health.

### **Adequate Sleep**

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. Sleep in a dark room without distractions such as music or other noise. If you have difficulty to sleep, ask your doctor about other ways to relax before bedtime.

### **Regular Exercise**

The human body requires regular exercise for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure.

### **Stress Management**

When life gets hectic, many individuals fail to develop healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.



## VI. PHONETIC TRANSCRIPTION

1. Dairy:                :/'deəri/
2. Develop             :/di'veləp/
3. Thought             :/θɔ:t/
4. Conscious           :/'kɒnʃəs/
5. Effort                :/'efət/
6. Nuts                 :/nʌts/
7. Plenty               :/'plenti/
8. Recommend         :/,rekə'mend/
9. Accustom           :/ə'kʌstəm/
10. Hectic              :/'hektɪk/

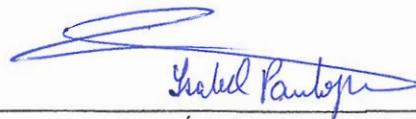
## VI. REFERENCES

- Harmer, Jeremy, How To Teach English 2° Edition, Person Education Ltd
- Ministerio de educación (2016) Programación Curricular De Educación Secundaria de educación básica regular. Lima Perú
- [https://www.google.com/search?q=listening&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj48o7t\\_PjIAhUip1kKHTimAS4Q\\_AUoAXoECA0QAw&biw=1366&bih=657#imgrc=5g5M9zwwgZ0LwmM:](https://www.google.com/search?q=listening&source=lnms&tbm=isch&sa=X&ved=2ahUKEwj48o7t_PjIAhUip1kKHTimAS4Q_AUoAXoECA0QAw&biw=1366&bih=657#imgrc=5g5M9zwwgZ0LwmM:)
- <https://gama.ir/azmoon/testDetail/vf78U1>
- <https://www.wordreference.com/es/translation.asp?tranword=hectic>
- [https://www.google.com/search?biw=1366&bih=657&tbm=isch&sa=1&ei=fkrVXYXdl-eHggfQnYqgDg&q=presente+simple+grammar&oq=presente+simple+grammar&gs\\_l=img.3..0l2j0i24.1721722.1731600..1731948...5.0..4.421.5314.1j29j2j0j1.....0....1..gws-wiz-img.....0..0i67j0i8i30.prW5orqHHto&ved=0ahUKEwiFIMj\\_PjIAhXng-AKHdCOAuQQ4dUDCAc&uact=5#imgrc=v6aScsZkWKCyEM:](https://www.google.com/search?biw=1366&bih=657&tbm=isch&sa=1&ei=fkrVXYXdl-eHggfQnYqgDg&q=presente+simple+grammar&oq=presente+simple+grammar&gs_l=img.3..0l2j0i24.1721722.1731600..1731948...5.0..4.421.5314.1j29j2j0j1.....0....1..gws-wiz-img.....0..0i67j0i8i30.prW5orqHHto&ved=0ahUKEwiFIMj_PjIAhXng-AKHdCOAuQQ4dUDCAc&uact=5#imgrc=v6aScsZkWKCyEM:)



---

BARRANTES GUEVARA, Itala Roxana  
BACHILLER



---

Dra. PANTOJA ALCÁNTARA, Isabel del Rocio  
PRESIDENTA

**OBSERVATION GUIDE: TEXT COMPREHENSION**

**GRADE: THIRD**

**SECTION: "A"**

N° DE ORDEN	SURNAMENES AND NAMES	THIRD TRIMESTER														
		AREA COMPETENCE: SHE COMMUNICATES ORALLY IN ENGLISH														
		LISTENING UNIT 1				Average	LISTENING UNIT 2				average	LISTENING UNIT 3				average
		1	2	3	4		1	2	3	4		1	2	3	4	
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																
17																
18																
19																
20																
21																
22																
23																
24																
25																
26																
27																
28																
29																

1. PRONUNCIATION:	ACCENT / PACING INTONATION. IMITATE LIKE NATIVE SPEAKERS'	= 7
2. VOICE:	NOT TO FAST / SLOW. GOOD VOLUME, CLEAR. INTERESTING TONE.	= 6
3. KNOWS THE TOPIC:	DOMINIOM OF THE TOPIC AND ORIGINAL IDEAS.	= 6
4. EXPRESSION:	USE MIME AND GESTURE IN THE DIALOGUES, EYE CONTACT AND GOOD POSTURE	= 2