

**PROPÓSITO:**

Guía 3: Que el estudiante comprenda y utilice la información básica sobre juegos tradicionales.

**MOTIVACIÓN:****READING 1**

How do our teenagers spend their free time?

by Consuelo Mejía

The Colombian Government is very concerned about how urban teenagers are spending their free time. Research shows that in cities many teenagers spend their time indoors, chatting on social media, watching TV or playing video games. These teenagers can have poor posture and they can also be depressed, because they don't spend enough time being active in the fresh air.

In contrast, most teenagers in the countryside spend their free time doing physical activities and playing outdoor games. They also help their parents; they do chores, feed the animals, and milk the cows. Because these teenagers have an active life-style, they are also fitter and don't have so many health problems.

Read a report about how teenagers spend their free time in the countryside and in the city. Answer the questions.

1. How do city teenagers spend their free time?

Chatting with friends, watching TV, playing video games indoors.

2. What are the problems related to sitting down for long periods?

3. How do teenagers in the countryside spend their free time?

**EXPLICACIÓN:**