

1. Read the poster and answer the questions

Headings in texts can often give you lots of information.

CAICEDONIA CULTURAL CENTRE (CCC)

COME AND JOIN OUR AFTER-SCHOOL CLUBS!

Have fun and develop your talents at the same time!

Do you like playing sport and keeping fit? At the **sports club** we offer a wide variety of team and individual sports. Which one do you prefer?

Are you creative and artistic? Do you enjoy listening to music? At our **arts club** you can learn to dance, play an instrument or draw and paint!

Do you like going to the cinema, watching videos and TV series? If you do, then the **film and media club** is for you!

Do you love reading? Bring your most-loved books to the **book club**. Share your favourite books, stories and characters and discover new ones!

Do you enjoy playing video games? Then come along to our **computer gaming club**. Make new online AND real friends and share virtual adventures with them!

For more information, visit us in person or contact Ms Emilse García at information@ccc.com

2. Look at the questionnaire Sara completed about her free-time activities. Write eight sentences about Sara's hobbies.

EXAMPLE: Sara plays sport every day.

Caicedonia Cultural Centre Teen Club Questionnaire

How often do you ...	Every day	Every two weeks	Once a week	Twice a week
1. play sport?	X			
2. play a musical instrument?			X	
3. go dancing?		X		
4. paint or draw?				X
5. go to the cinema		X		

6. watch TV?			X	
7. read?	X			
8. play video games?				X

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

3. 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?

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.

4. Follow the instructions (1–3) and design a daily activity planner to show what you do in your free time every day.

1. Draw a chart like the one below on a large sheet of cardboard.
2. Write the activities you're going to do each day. Use different colours for indoor and outdoor activities.
3. Count how many indoor or outdoor activities you do in a week.

ACTIVITIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR							
OUTDOOR							

5. Read the poster for a campaign to encourage teenagers to live healthy lives. Match the Headings (1–3) with the examples (a–c).

How to Be a Healthy Teen

Here are some tips that can help you to grow into a healthy adult.

1. Keep active and take a break 2. Good personal hygiene 3. Eat healthy food

a. Eat a balanced diet that includes fruit and vegetables. Avoid sugars and starches. Cut out fast foods. Drink lots of water.

b. Develop the habit of doing physical activities you enjoy: e.g. running, swimming, or riding a bike. Get enough sleep: your body needs eight hours of sleep a night.

c. Have a shower every day. Wash your hair regularly. Brush your teeth twice a day. Keep your nails short: fingers and toes!

Answer the questions

1. When do the clubs take place?
2. Where do the clubs take place?
3. How can you get more information about the clubs?
4. Which club do you think is the best?

6. A healthy balanced diet includes foods that give you a variety of nutrients: proteins, vitamins and minerals, carbohydrates, fats and also fibre. Match column A with B.

A	B
1. Protein 2. Vitamins and minerals 3. Fibre 4. Carbohydrates 5. Fats	a. helps the body digest food b. help the body absorb minerals and store energy c. increases your body mass: helps your muscles to grow d. help you grow properly and fight diseases e. give your body energy

7. Read the chart and match the nutrients (1–5) with the types of food (a–e).

NUTRIENTS	TYPES OF FOOD
1. Protein: Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
2. Vitamins and minerals: Eat four to five portions every day.	b. bread, starches (potatoes, rice, pasta), sweets
3. Fibre: Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
4. Carbohydrates: Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
5. 5. Fats: Eat one portion every day.	e. cereals and whole grain

8. Give a short presentation to your class about the nutrients in your favourite typical dish and why they are good for you.

My favourite typical dish is a 'paisa' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and

9. A. health tips. Decide if the statements (1–5) are true or false.

1. Some of the students think doing exercise is hard. **True**
2. A horrible way to do exercise is to take your dog for a walk.
3. The teacher recommends 60 minutes of exercise every day.
4. An exercise schedule can help you to develop a good exercise routine.
5. You can do exercise when you play outdoors with your friends.

B. Match what the person can do (1–4) with the sport he/she plays (a–d) and then answer the questions (a–f).

- | | |
|--|---------------|
| 1. She can ride a bike. | a. football |
| 2. He can run and throw the ball at the same time. | b. cycling |
| 3. He can control a ball with his feet. | c. swimming |
| 4. She can breathe underwater. | d. basketball |

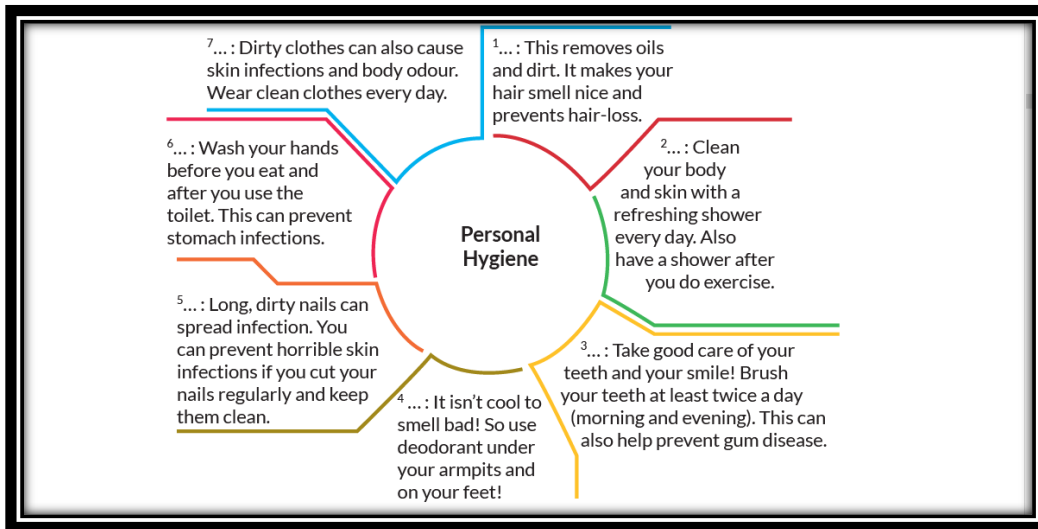
C. Complete the chart so it is true for you.

	I can ...	I can't ...	I want to learn how to ...
Physical activity	swim, skip	skateboard	play basketball
Arts	play the guitar		
Technology			
Hobbies and skills			

10. A. Read the infographic about personal hygiene and complete it (1–7) with the headings (a–g).

- | | | |
|------------------|------------------------|-----------------------------|
| a. Use deodorant | b. Change your clothes | c. Wash your hair regularly |
| d. Dental care | e. Wash your hands | f. Have a shower |

g. Keep your fingernails clean and short



B I can help my

- | | |
|------------|-------------------------------------|
| 1. brother | a. to wash the dishes |
| 2. sister | b. to clean the car |
| 3. dad | c. to solve some Maths problems |
| 4. grandpa | d. to read the newspaper |
| 5. mum | e. to learn how to use the computer |

C. Follow the instructions (1–6) and make a friendship poster for your best friend.

1. You need: a large sheet of coloured card
2. Copy the template onto the sheet of card.

To My Best Friend

a picture of
your friend

I like... with
you.
(write an
activity)

You can count on me when you ...
(write something you can help your friend with)

3. In the circle, glue a picture of your friend. If you don't have a photo, do a drawing.
4. In the square, write an activity you enjoy doing with your friend. Illustrate the activity with a picture or a drawing.
5. In the rectangle, write a sentence offering to help your friend