LEARNING SESSION Nº 1

I. GENERAL INFORMATION

1. SCHOOL: I.E.E “Antonio Guillermo Urrelo”
2. AREA: English
3. GRADE: 3º
4. GROUP: “A”
5. LEVEL: Secundary
6. DATE: 20/11/19
7. CLASS: 2:30 -3:15 (45 minutes)
8. NUMBER OF STUDENTS: 29
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:

<table>
<thead>
<tr>
<th>COMPETENCE</th>
<th>CAPABILITY</th>
<th>PERFORMANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORAL TEXT COMPREHENSION (listening)</td>
<td>Identify specific information from oral texts.</td>
<td>Identify specific information from oral texts and create one conversation about healthy habits in your family.</td>
</tr>
</tbody>
</table>

Barrantes Guevara Itala Roxana
## V. Didactic Sequence

<table>
<thead>
<tr>
<th>Expected Learning</th>
<th>Stages</th>
<th>Sequences</th>
<th>Materials and Equipment</th>
<th>Performance</th>
<th>Evaluation</th>
<th>Time</th>
</tr>
</thead>
</table>
| Oral Text Comprehension (listening) | Starting Out | - The teacher greets the students  
- The teacher presents vocabulary about healthy habits.  
- The teacher activates the students previous knowledge  
- The teacher asks students a question to make the cognitive conflict  
- Students recognize the topic | Flashcards  
Board | Identify specific information from oral texts and create one conversation about healthy habits in your family.  
Identify specific information from oral texts and create one conversation about healthy habits in your family.  
Identify specific information from oral texts and create one conversation about healthy habits in your family. | Systematic Observation Guide | 10' |
|                   | Process          | - Listen the audio about healthy habits (three times)  
- Students listen and fill in the gaps with the correct word.  
- Listen to the audio again and choose the correct answer. | Markers  
Wall chart | | | 25' |
|                   | Output           | - Create a short conversation about healthy habits in their family  
- Evaluation  
- Feedback  
- Self-evaluation | Handout | | | 10' |

Barrantes Guevara Itala Roxana
When life gets hectic, many individuals fail to develop 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.

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. 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 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 ____________ 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!
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.
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

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!

---

Barrantes Guevara Italia Roxana
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: /ˈdeəri/
2. Develop: /dəˈveləp/
3. Thought: /θɔ:t/
4. Conscious: /ˈkɔnʃəs/
5. Effort: /ˈɛfərt/
6. Nuts: /nʌts/
7. Plenty: /ˈplenti/
8. Recommend: /ˌredəˈmend/
9. Accustom: /əˈkʌstəm/
10. Hectic: /ˈhekstɪk/

VI. REFERENCES

- Harmer, Jeremy, How To Teach English 2nd 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=2ahUKEwj4807t_PjIAhUip1kKHITmAS4D_AUoAXoECA0QAw&biw=1366&bih=657#imgrc=v6aScsZkWKCyEM:
- https://www.google.com/search?biw=1366&bih=657&tbm=isch&sa=l&ei=fkRVXYXdi-
- https://gama.ir/azmoon/testDetail/Vf78U1
- https://www.google.com/search?q=presente+simple+grammar&oq=presente+simple+grammar&gs_l=img.3..012jOi24.1721722.1731600.1731948...5.0..4.421.5314.1j29j2j0j1.....0...1.gws-wiz-img....0.0l67j0i830.prW5orqHlto&ved=0ahUKEwiFlMj__PjIAhXng- AKIdCOAuQQ4dUDCAc&uact=5#imgrc=v6aScsZkWKCyBM:
# Observation Guide: Text Comprehension

**Grade: Third**

**Section: “A”**

## Third Trimester

<table>
<thead>
<tr>
<th>Surnames and Names</th>
<th>Listening Unit 1</th>
<th>Average</th>
<th>Listening Unit 2</th>
<th>Average</th>
<th>Listening Unit 3</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Observation Guide: Text Comprehension

- **1. Pronunciation:** Accent / Pacing / Intonation. Imitate like native speakers.
  - Score: 7

- **2. Voice:** Not too fast / slow. Good volume, clear, interesting tone.
  - Score: 6

- **3. Knows the Topic:** Dominon of the topic and original ideas.
  - Score: 5

- **4. Expression:** Use mime and gesture in the dialogues, eye contact and good posture.
  - Score: 2

---

Barrantes Guevara Italia Roxana