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GUIA DE APRENDIZAJE UNIDAD 1 N° DE GUÍA: 9

RECURSO: TEXTO DE ESTUDIO PÁGINAS: Power point

ASIGNATURA: English

NOMBRE ESTUDIANTE: _____ CURSO: 7° LETRA: _____ FECHA: _____

O.A: Identificar las rutinas diarias a través de la comprensión lectora.

I. Read the text and answer the following questions, pay attention with the vocabulary in the box.

Vocabulary :

1. Wash your hands: lavar tus manos
2. Drink water: beber agua
3. Spend time with my family: pasar tiempo con mi familia
4. Do exercises: hacer ejercicios
5. Do my homework: hacer mis tareas
6. Take a shower: Ducharme
7. Healthy: saludable
8. Eat fruits and vegetables: comer frutas y vegetales
9. Meal: comida (breakfast,lunch and dinner)

Hi, I'm Rhonda, I want to tell you my daily routine, about what I do every day of my life. Every Monday I wake up at 7 o'clock because I have to go to school , so I take a shower, I brush my teeth, then I have breakfast because is one of the most important meal in a day, do you know that? You need to have breakfast. Then I brush my teeth again and I go to school. At school I have my lunch, there is always a vegetable inside because is healthy food. I used to wash my hands before every meal.

When I comeback from school I do my homework because my parents say that if I do my homework I can go out and play with my friends, we always do some exercises like play basketball or run . After that I drink water because is healthy and then I eat fruits, I really love apples and peaches. Do you like fruits? I hope so.

Finally, I have dinner with my family, we spend time talking about the day and then I go to sleep because I need to sleep 8 hours to be healthy.



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1. According to Rhonda, what is the most important meal in a day?
 - a) dinner
 - b) eat fruits and vegetables
 - c) breakfast

2. Does she do exercises? Which?
 - a) yes, she plays basketball and run
 - b) no, she doesn't like it
 - c) yes, she plays tennis and handball

3. What are her favorite fruits?
 - a) her favorite fruit is banana
 - b) her favorite fruits are apples and peaches
 - c) her favorite fruits are pineapple and strawberries

4. How many hours does she need to sleep?
 - a) she needs 5 hours
 - b) she needs 2 hours
 - c) she needs 8 hours

II. Fill the gaps using the “daily routines”

Wash my hands- drink water- take a shower-eat fruits and vegetables-do my homework-
spend time with my family- sleep 8 hours

1. Every morning I _____
2. Before every meal I used to _____
3. I eat _____ because there are healthy
4. I do _____ after school
5. I _____ after I do exercises
6. I _____ because I love them.
7. I _____ hours because I need to take a rest.