

LESSON 3

DESCRIBE HABITS AND ROUTINES



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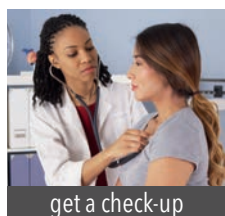
@LucasM

If you've been looking for an easy way to get healthy, you're in luck—sleeping counts!

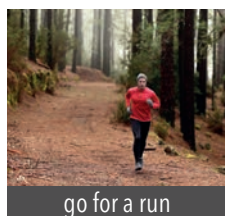


1 VOCABULARY Healthy habits

A ▶ 08-17 Listen. Then listen and repeat.



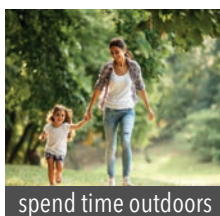
get a check-up



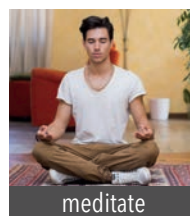
go for a run



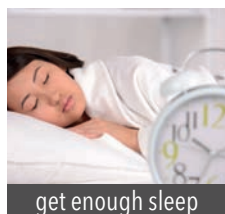
go to the gym



spend time outdoors



meditate



get enough sleep



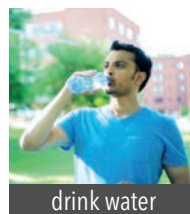
cut down on sugar



follow a balanced diet



put down your device



drink water

B Look at the healthy habits in 1A. Put them into the groups.

Rest	Exercise	Diet	Other

C PAIRS Talk about a habit from 1A that you don't do but would like to do. How can you make it happen?

I'd like to drink more water. I can fill up a large bottle with water in the morning.



2 GRAMMAR Time expressions

Use time expressions with the simple present tense to talk about things that happen often, regularly, or all the time.

I go swimming
I meditate
I go for a run
I spend time outdoors

every day.
every morning.
on Mondays.
on weekends.

I use my device
I go to the gym
I go for a hike
I get a check-up

once an hour.
twice a week.
three times a month.
a few times a year.

Notes

- Time expressions made up of two or more words can go either at the beginning or the end of a sentence. When a time expression comes at the beginning of the sentence, it is sometimes followed by a comma.
*Leah goes to the gym **every Monday**. **Every Monday**, Leah goes to the gym.*
- Add *-ly* to words like *day* and *night* to show something happens every day or every night.
*Maya exercises every night. = Maya exercises **nightly**.*
*Her blog comes out every day. = Her blog comes out **daily**.*
Other common examples include *hourly*, *weekly*, *monthly*, *quarterly*, and *yearly*.

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3 LISTENING

A ▶ 08-19 Listen to the podcast. What is the woman talking about?

- a. new ways of using technology to get healthy
- b. problems from using technology too much
- c. how many hours a week people use their devices

B ▶ 08-19 Read the Listening Skill. Listen again for example phrases. Circle the answers that are mentioned in the audio. Each question has two correct answers.

1. People aren't getting enough sleep.
 - a. People go to bed with their devices.
 - b. The light from our devices keeps us awake.
 - c. People wake up early to use their devices.
2. Too much screen time can change a part of the brain.
 - a. Kids may not learn how to have good relationships with people.
 - b. Adults may forget how to have relationships.
 - c. Adults may have friends online, but not in real life.
3. Instead of picking up your device, try something new.
 - a. Start a new hobby.
 - b. Play a new game online.
 - c. Take a class.
4. Spend time with family and friends.
 - a. Have dinner together.
 - b. Catch up with each other.
 - c. Socialize by chatting online.
5. Do something for yourself.
 - a. Do some online shopping.
 - b. Find some quiet time.
 - c. Focus on yourself for part of the day.

C ▶ 08-19 Listen again. Complete the sentences.

The Effects of Too Much Screen Time	
Problems	Solutions
People aren't getting enough sleep.	Stop using your device at least (1) _____ before bed-time so you can start to (2) _____.
Too much screen time can change a part of the brain that helps people (3) _____ and build relationships.	Parents should (4) _____ their own screen time, as well as their kids'.

D PAIRS Compare your answers in 3C. Did you get the same answers?



LISTENING SKILL Listen for examples and supporting statements

Speakers use certain phrases to introduce examples and supporting statements. These help to support speakers' ideas so that listeners understand them better. Some common phrases are: *such as, like, for example / for instance, for one thing / for another thing, in fact, in general, in particular / in detail*, and *let me explain*.

4 TRY IT YOURSELF

A MAKE IT PERSONAL Think about your weekly routine. What are your good and bad habits? What bad habits would you like to change? Take notes.

B PAIRS Discuss your habits. Ask questions to get more information.

A: I go to school five days a week. It's hard to find time to exercise.

B: What do you do on the weekends?

A: I like to spend time outdoors.

B: Maybe you could try...

I CAN DESCRIBE HABITS AND ROUTINES.

