



Middle School

Third Grade

LEVEL UP
COAHUILA

UNIT 1
2025 - 2026

What is healthy?



Cut



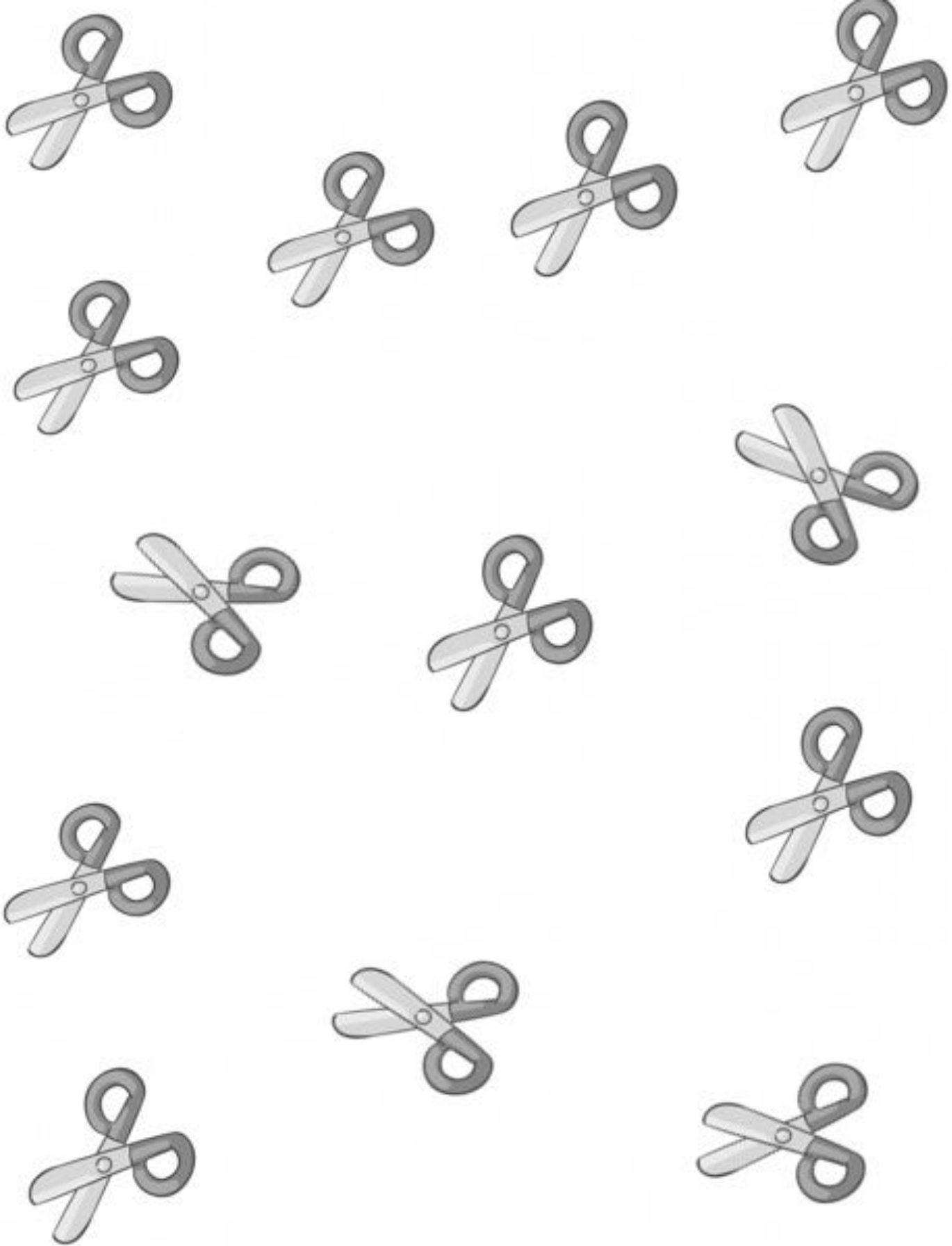
Glue in your notebook and



Play

<u>eat</u> junk food	<u>practice</u> sports	<u>wake up</u> late	<u>do</u> exercise
<u>sleep</u> 7-8 hours per night	<u>drink</u> sugar drinks	<u>jump</u> rope	<u>smoke</u>
<u>spend</u> so much time in cellphone	<u>wash</u> hands	<u>mix</u> fruits and vegetables	<u>walk</u> 30 mins everyday
<u>visit</u> the doctor regularly	<u>stress</u> about small things	<u>manage</u> stress effectively	<u>consume</u> alcohol
<u>take</u> vitamins	<u>stay</u> hydrated	<u>express</u> your emotions	<u>study</u> hard





Simple Present third person singular



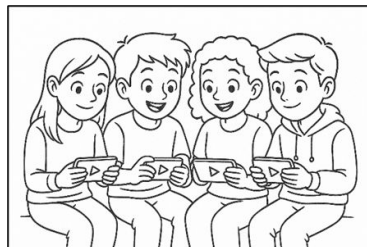
Read and



Classify

-s	-s, -x, -sh, -ch, -o	y

eats, washes, walks, takes,
practices, mixes, visits, stays,
wakes up, jumps, stresses, expresses,
does, smokes, manages, studies,
sleeps, spends, consumes,






Time Expressions



Read



Write in the corresponding column

In the morning 	In the evening 	At night 

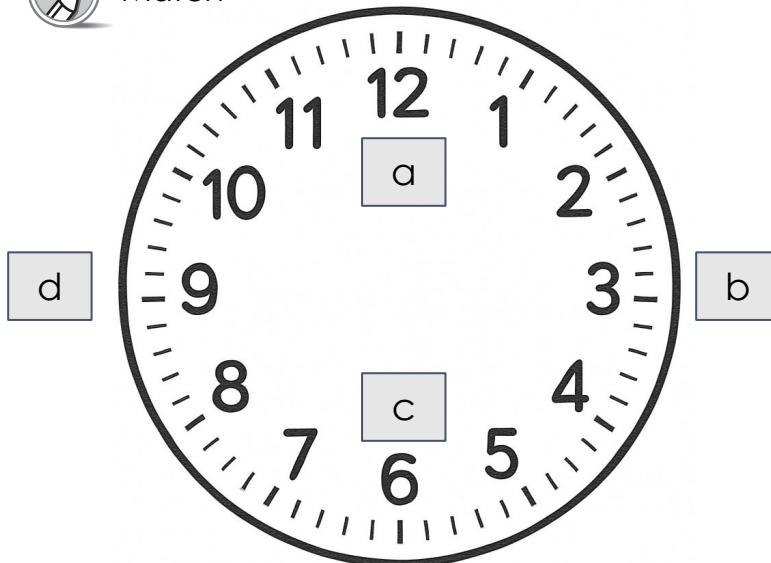
*I sleep at 8 pm. *She have breakfast at 6am
 *I do exercise at 6 pm *Amelia walks 30 minutes at 9 pm
 *Juana and Jose go to school at 7 am
 *My mother washes the dishes at 4 pm.



Read



Match



_____ quarter past _____ quarter to
 _____ half past _____ o'clock



Sleep habits

 Read  Listen and  Color in red negative and color in green affirmative advices

Hi! I'm doctor
John
Chapatowsky.
I'm going to give
you some advice
about sleep
habits.

You should
sleep at
least 8 hours
every night.

Teenagers
usually go
to bed late,
but this is
not
healthy.

You shouldn't
use your phone
or play video
games before
sleeping
because it
makes your
brain active.

Instead, you should
always relax before
bed.

Reading or
listening to
soft music
can help.

You
shouldn't
drink
coffee or
soda at
night.

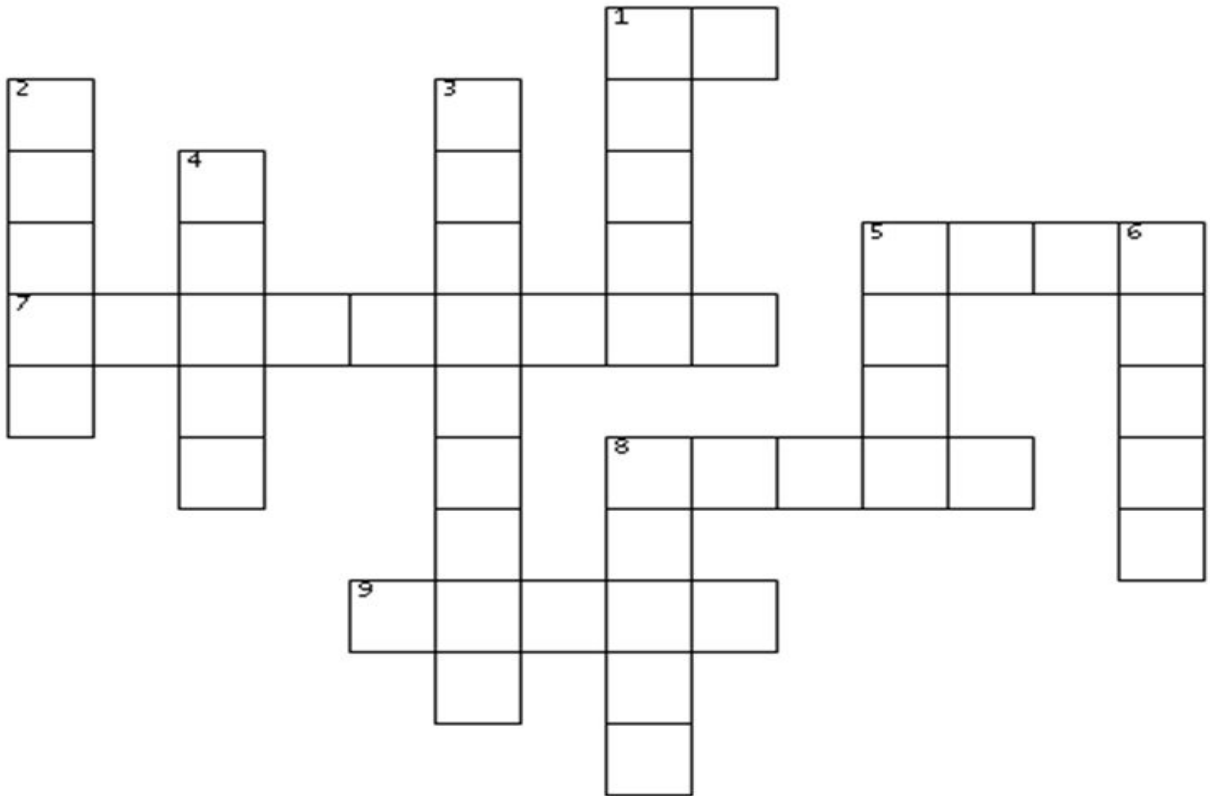
Good sleep
helps you feel
better and do
well in school.



Crossword Physical Activities



Puzzle



ACROSS	DOWN
<p>1. I rarely _____ exercise in the evening.</p> <p>5. Leonard rarely _____ in the marathon.</p> <p>7. Anna _____ box at night.</p> <p>8. I never _____ late.</p> <p>9. They always _____ with music.</p>	<p>1. We never _____ hip hop.</p> <p>2. Emily rarely _____ the rope.</p> <p>3. She usually _____ before work.</p> <p>4. Tony sometimes _____ soccer at 10:00.</p> <p>5. You always _____ a bike in the morning.</p> <p>6. Sarah sometimes _____ in the Aquatic park.</p> <p>8. I never _____ on my way to school.</p>



Numbers



Look



Match

47

12

73

88

59

15

94

65

29

ninety-four

seventy-three

sixty-five

twenty-nine

forty-seven

twelve

fifty-nine

fifteen

eighty-eight



David's Healthy Routine

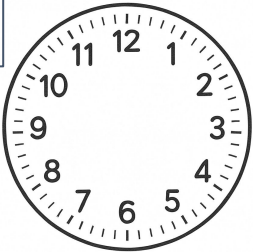


Look



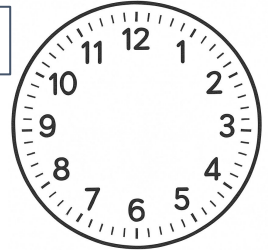
Draw

1.

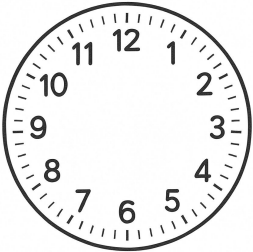


1. I get up at 7:00 a.m.
2. I take a shower at 7:15 a.m.

3.

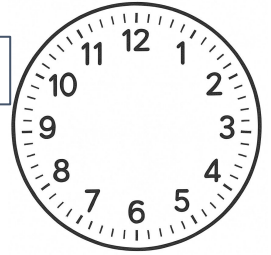


2.



3. I eat cereal and fruit at 7:30 a.m.
4. I ride my bike to school at 8:00 a.m.

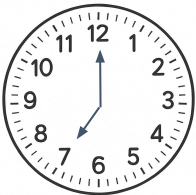
4.



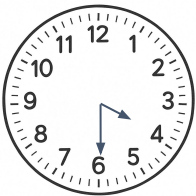
Look



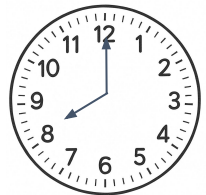
Match



- I play soccer after school at 4:30 p.m.
- I eat a light dinner at 7:00 p.m.



- I relax or draw at 8:00 p.m.
- I go to bed at 9:30 p.m.



Maria's activities



Look



Read



Complete

Maria usually wakes up at 6:00 a.m. Thirty minutes later, she eats fruit and yogurt for breakfast. She walks to school at 6:30 a.m., which is great exercise. At school, she drinks plenty of water and sometimes eats healthy snacks like nuts at 10:00 a.m. However, in the afternoon, around 1:00 p.m., she often eats chips and drinks soda. She gets home at 1:30 p.m. and eats lunch at 2:00 p.m. At 2:30 p.m., she always watches TV for two hours. She doesn't do much exercise at home. On Tuesdays and Fridays, she sometimes takes ballet classes from 6:00 to 8:00 p.m. Maria always goes to bed very late, around 11:00 p.m., because she plays video games at night. She should sleep earlier and eat less junk food to stay healthy.

Complete a schedule, with the correct time, activity and distinguish the healthy from the unhealthy ones.

Activity	Time	Healthy or Unhealthy
wakes up		
	6:30 a.m.	
walks to school		
	10:00 a.m.	
eats chips and drinks soda		
arrives home	1:30 p.m.	
	2:00 p.m.	
watch t.v.		
	6:00 p.m.	



Radio Conversation



Look





Read



Practice

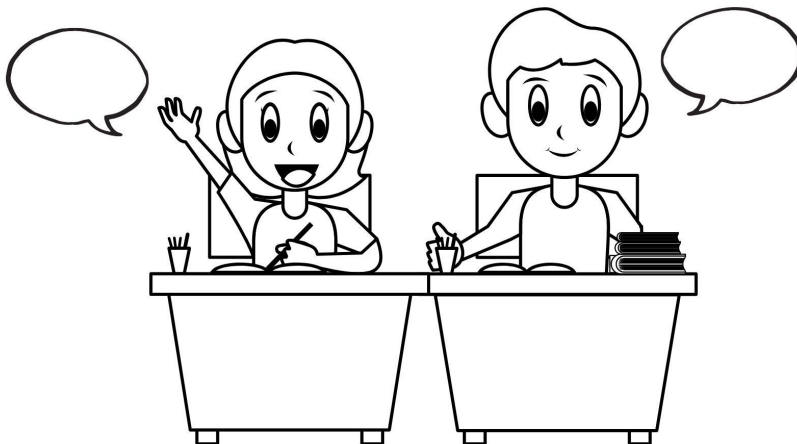
Host: Welcome back to *Healthy Life Radio*! Who's on the line?

 **Caller:** Hi! I feel tired all the time and I can't focus in school.

 **Host:** Thanks for calling. You should sleep at least 8 hours every night. You shouldn't use your phone before bed.

 **Caller:** Oh, good idea! Thank you!

 **Host:** Stay healthy, everyone! See you next time on *Healthy Life Radio*!



T.V Comercial



Look



Read



Practice

STUDENT 1:

Hi! Do you want to be strong and happy?

STUDENT 2:

Here are 3 tips you *must* try!

STUDENT 3 (enthusiastic):

Tip 1: You **should drink water every day!**

STUDENT 1 (shaking finger):

Tip 2: You **shouldn't eat too much junk food!**

It's not good for your brain or body.

STUDENT 2 (pretending to stretch):

Tip 3: You **should exercise for 30 minutes daily and go to bed early!**

STUDENT 3:

But wait, we've got more!

STUDENT 1 (holding a fake fruit):

You **should eat fruits and vegetables** — they're like superpowers for your body!

STUDENT 2 (deep breath):

Take deep breaths when you're stressed...

You should relax and smile more!

STUDENT 3 (miming sunlight):

And you **should go outside** — sunshine and fresh air are awesome!

ALL TOGETHER (point to audience):

Healthy habits = Happy life!

Start today! You can do it!

STUDENT 1:

Be healthy...

STUDENT 2:

Be strong...

STUDENT 3:

Be YOU!



Find someone who



Look



Read

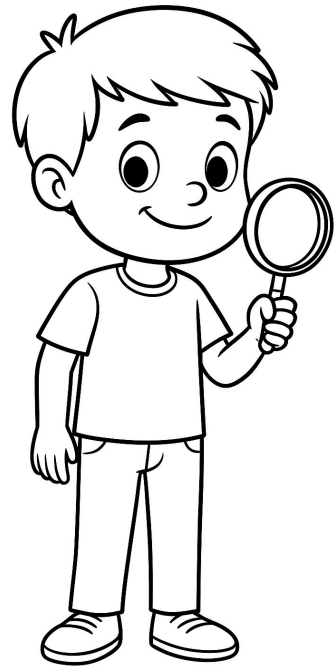


Count



Complete

- 1- _____ plays soccer in the afternoons.
- 2- _____ eats fruits in the morning.
- 3- _____ plays basketball on Saturdays.
- 4- _____ wakes up at 6:00 in the morning.
- 5- _____ goes to bed at 9:00 at night.
- 6- _____ sometimes eats fish and vegetables.
- 7- _____ never walks to school.
- 8- _____ always takes a shower in the morning.
- 9- _____ rarely visits the dentist.
- 10- _____ always eats a healthy breakfast.



Time to be healthy!



Look



Read



Practice

TOM:

Anna, I'm so tired. I went to bed at 11:30 last night.

ANNA:

What? That's so late! You shouldn't go to bed after ten o'clock. You always wake up grumpy!

TOM:

I know... But I was playing video games until midnight.

ANNA:

You should stop playing so late. Also, you forgot to eat breakfast this morning!

TOM:

I was in a hurry. I woke up at 7:45 and the bus leaves at 8:00!

ANNA:

See? You should wake up earlier and eat something healthy, like fruit or cereal.

