

Find someone who . . .

Aims

Practice talking about healthy habits.

Language focus

Grammar

How questions: *How often*, *How long*, *How well*, *How many*, *How much*

Set-up

Class activity

Lesson link

For use after Unit 5, Lesson C

Time

20 minutes

Preparation

Duplicate one worksheet per student.

- When students are finished, work as a group to talk about each item, comparing answers and discussing the healthy habits with those that responded affirmatively.

Possible Questions

- How long do you sleep each night?
- How much meat do you eat?
- How many hours do you spend watching TV each week?
- How many times each month do you play a sport you love?
- How many balanced meals do you eat every day?
- How many times do you wash your hands every day?
- How often do you lift weights each week?
- How many hours a week do you spend doing a hobby?
- How long do you spend going to work or school by car, bus, or train?
- How many meals do you eat each day?
- How often do you go for a walk each week?
- How many servings of fruit do you eat every day?
- How well do you protect your skin from the sun?
- How many hours do you spend having fun with your friends every week?
- How much water do you drink every day?

Procedure

- Tell students they are going to talk to their classmates to try to find people who have healthy habits. They'll ask questions with *How* to do this. Before handing out the worksheets, read the first few cues and elicit the questions students should ask:

Cue: *sleeps eight hours each night*

Question: *How long do you sleep each night?*

Write the questions on the board.

- Distribute worksheets and ask students to look at the cues before they stand up. Answer any questions students may have about which questions to ask.
- Ask students to stand up and walk around the room, asking their classmates questions and trying to find one person who has each habit on the chart. When they find a person who has the habit, they should write this student's name in the space provided next to the item.
- As students are working, walk around to monitor the activity and help as needed. Make sure students are asking the correct *How* questions. Make note of any errors or problems to review later.

Find someone who . . .

	Find someone who . . .	Name
1.	sleeps eight hours or more at least six nights a week.	
2.	eats no meat.	
3.	spends less than three hours a week watching TV.	
4.	plays a sport he or she loves at least once a month.	
5.	eats two or more balanced meals every day.	
6.	washes his or her hands at least eight times a day.	
7.	lifts weights at least three times a week.	
8.	spends at least two hours a week doing a hobby (<u>not</u> watching TV).	
9.	spends less than 20 minutes a day going to work or school by car, bus, or train.	
10.	eats five small meals every day.	
11.	goes for a walk four or more times a week.	
12.	eats three or more servings of fruit every day.	
13.	protects his or her skin from the sun extremely well.	
14.	spends at least four hours a week having fun with friends.	
15.	drinks eight or more glasses of water every day.	