

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.

5. 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

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

Procedure

1. 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.

2. 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.
3. 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.
4. 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.	