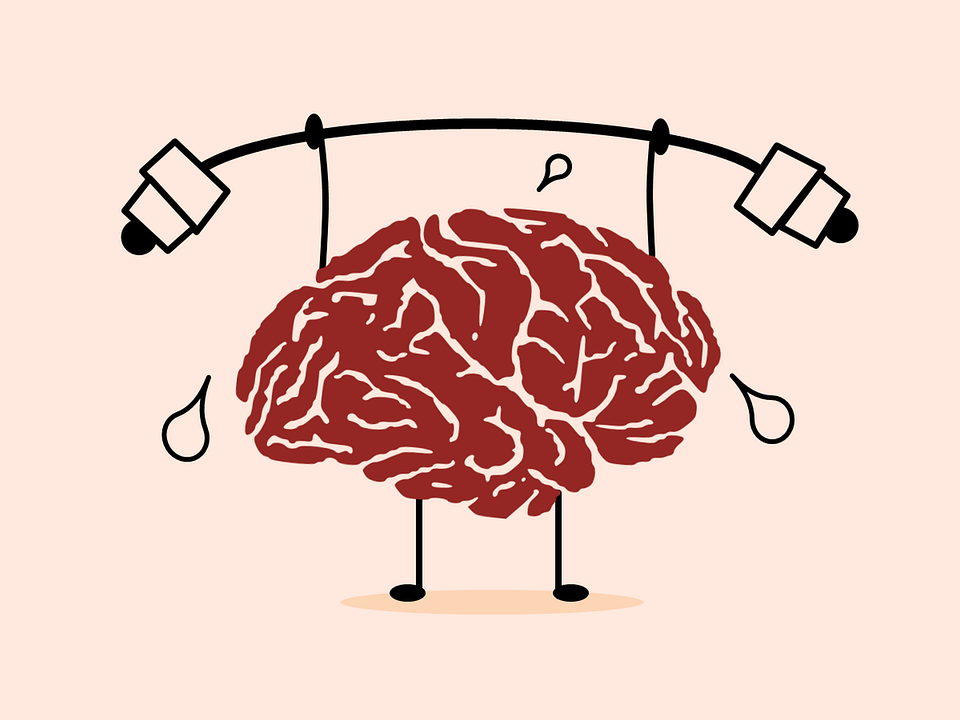
**Unit 3, lesson 3: Brain Fitness**

Instructions:

1. Complete this lesson in digital, in your copybook or print the worksheet.
2. Once you finish, go to classroom and upload evidence of your work.
3. Then, complete the self-evaluation of the lesson published in classroom.

Any doubt, you can write to my email at [nicolas.puga@colegiostmf.cl](mailto:nicolas.puga@colegiostmf.cl)

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1. **Check (✓) the true statements about our previous class:**
   1. We read the multiple benefits of physical activity
   2. We listened an audio about the dangers of doing too much physical activities
   3. We listened an audio to complete the sentences with the correct alternative
   4. We practiced English pronunciation
   5. We produced a paragraph as final activity
2. **Check your answers from our previous class:**
   1. Exercise 4: identify the sports in the picture:
      1. Sport a: weightlifting
      2. Sport b: soreness
      3. Sport c: bodyweight
      4. Sport d: squats
      5. Sport e: freediving
      6. Sport f: mindfulness
   2. What kind of audio? It’s a radio program because you can hear the music behind
   3. Which two pictures best represent the audio? A-B // C-D // E-F
   4. Complete the sentences with the correct option:
      1. Some people feel intimidated by HIT
      2. HIT and yoga improve your strength and endurance
      3. Yoga helps with muscle tightness
      4. Practicing yoga complements freediving traning
      5. HIT, cycling and diving are fitness practice examples
   5. After listening: meaning of the phrases
      1. Going on a diet: comenzar una dieta
      2. Keeping fit: mantener un buene estado físico
      3. Gaining weight: aumentar de peso
      4. In bad shape: tener un mal estado físico
   6. Practice speaking and production: General feedback.

**Today’s Lesson:** *we are going to prepare our brains to listen to English, learn something about the concept of brain fitness, practice with adverbs and pronunciation of keywords.*

1. **Look at the pictures and describe what you see (number of people and activities)** 
   1. What is the relationship between the pictures and the concept “healthy mind”?
   2. Using the chat or the microphone, describe the concept of “mind fitness”.
   3. What aspects of our lives can affect possitively or negatively in our mental health?
2. **Discuss: how does aging affect our brains? (memory and thinking).**A group of people sitting at a table using a computer

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3. **Listen to some facts about our brains. Choose the 5 most interesting for you. (Track 34)**
   1. Fact #1:
   2. Fact #2:
   3. Fact #3:
   4. Fact #4:
   5. Fact #5:
4. **Listen to more facts about the brain, complete the sentence with the words you hear. (Track 35)**
   1. Brain fitness has…
   2. Focus on fish oils from wild …
   3. Stories are a way to solidify …
   4. … exercise is a great “brain exercise” too.
   5. To really help your brain stay young …
5. **Listen again (track 35) and answer the questions about the recording:**
   1. How often is it necessary to meditate to increase your brain fitness?
   2. What kind of fat should you eliminate from your diet?
   3. What are the shortcomings of watching TV too long?
   4. How learning skills improve your brain fitness?

A picture containing indoor, person, table, sitting

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1. **Grammar in-a-nutshell: adverbs**
   1. Read the sentences and pay attention to the words in bold. What do they convey?
      1. **Frankly**, I don’t think I spend too many hours in front of the TV
      2. Meditating has **surprisingly** helped me to develop concentration
      3. The first thing we eliminated from our diet was trans fats, **clearly**.
         1. The words convey manner
         2. The words convey attitude
         3. The words convey focus on specific information

The Adverbs from the example convey attitude because the subject has no relationship with the action.

* Attitude: clearly, it was a matter of time to see her change her diet.
* Manner: now, she can clearly see the consequences of her bad habit.

Well Done!