

4e (Semaine du 4 et 11 mai)

mercredi 20 mai 2020, par [Mme STRAFORELLI](#)

Correction Wb p 69 (conseil) :

.....should should should shouldn't shouldn't should .

- Lire le texte GROUP B , répondre aux questions C « Pick out »(relever)et compléter le tableau Wb p 65 n 2

Correction Wb p 65

C. -Skateboarding, walking the dog.

- mountain biking,summer and winter sports.

2-

- TOPIC :

Physical activity

- HOW OFTEN SHOULD WE DO IT ? :

Every day

- HOW LONG ?- :

60 minutes

- 3 PRECISE EXAMPLES :

Walking the dog,mountain biking,skateboarding

- WHAT SHOULD WE DO ? :

Sit a lot,spend more than2 hours each day at the computer or watching TV

Correction Wb p 74

Avoir une alimentation saine.

Tips = conseilbalance = équilibre

fit = en forme.....servings = portions

to give the body a workout = faire de l'activité physique

Expression écrite : « To have a healthy life What should or shouldn't you do ? »

To have a healthy life I

.....
.....

Proposition de correction (à recopier sur le cahier et les mots soulignés(voir cahier de texte) pour la plupart déjà vue sont à mémoriser) :

To have a healthy life I shouldn't eat junk-food, greazy food like pizza, salty french fries, sauced up chicken wings. And I shouldn't spend much time sitting and spending too many hours at the computer, on my phone or watching TV. I should instead eat different foods every day : fruit,vegetables, food lower in fat and sodium, lean(maigre) proteins and whole grains. I should also be active,to give the body a workout every day, do some sport, just walk or run to stay fit and healthy.