



INGLÉS BÁSICO A1 a

Unit 3 – Class 11

- ✓ Que el alumno sea capaz de comprender y utilizar adverbios de frecuencia.
- ✓ Que el alumno reconozca y sea capaz de utilizar expresiones de vuelo.
- ✓ Que el alumno sea capaz de reconocer el sonido de la letra H.

Bibliografía:

Clive Oxeden, Christina Latham- Koenigh, Paul Seligson. New English File Elementary, Student's Book. Oxford.

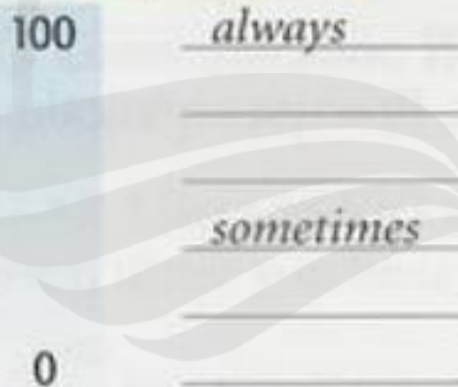
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1 GRAMMAR adverbs of frequency

- a Look at the photo of Takanashi. What nationality is he? How old do you think he is?
- b Read the first paragraph of the article and write the **highlighted** words in the chart.



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3C adverbs of frequency

I **always** have toast for breakfast.
Do you **usually** go to work by bus?
She doesn't **often** go to bed late.
They're **sometimes** late.
She **hardly ever** watches TV.
He is **never** stressed.

- Use adverbs of frequency to answer the question *How often...?*
- Adverbs of frequency go | before all verbs (except *be*).
| after *be*.

⚠ Use a $\oplus$ verb with *never* and *hardly ever*.
He never smokes. NOT *He doesn't never smoke.*

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2 READING

- a Read the second paragraph of the article. What is unusual about Okinawan people? What do you think their secret is?
- b Read the rest of the article. Put a heading in each gap.

Always active

Exercise

Low stress

A healthy diet

- c Read the article again. In pairs, guess the meaning of the **highlighted** words and phrases. Check with your teacher or a dictionary.
- d Do people in your country live like the Okinawans? What's different? What's the same?

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The mystery of Okinawa



Takanashi always walks three kilometres a day, and he sometimes rides a motorbike. He often works in his garden, and he usually does martial arts in the morning. He is never stressed, and he is hardly ever ill.

Not unusual you think? But Takanashi is years old.

Takanashi lives on the island of Okinawa in Japan. In Okinawa people live a very long time. They are hardly ever ill. Many people live to be 100 – more people than in other parts of the world. Why? What is their secret?

1

The Okinawans eat vegetables, fruit, fish, soya, and rice. They usually have seven portions of fruit and vegetables a day. People don't usually drink much alcohol or smoke. They don't eat much meat or fast food.

2

Physical activity is very important for the people of Okinawa. Martial arts, walking, traditional dancing, and gardening are very popular with people of all ages.

3

In many countries people have healthy diets and do exercise. But the unusual thing about the people in Okinawa is that they are not stressed. They are relaxed and take their time. Buses



are hardly ever on time, and people often arrive an hour late for meetings. Every evening hundreds of people, young and old, go to the beach to watch the beautiful sunset. People often meditate to relax.

4

Another important thing is that people often work until they are 80 – sometimes until 90! In the Okinawan dialect there is no word for 'retired'. They are busy and active all their lives. Old people don't stay at home – they go out and meet friends.

When journalists ask people 'What is the secret of your long life?', they answer 'We are happy, we are always positive, and we are never in a hurry.'

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Times and dates

1 Time words and expressions

a Complete the expressions.

How often do you see your friends?

MTWThFSS
week 1, week 2, etc.
Jan, Feb, March, etc.
2001, 2002, 2003, etc.

every day /'evri/

every w _____

every m _____

every y _____

only on Mondays
on Mondays and Wednesdays
on Mondays and Wednesdays and Fridays
in January, April, July, and October

once a _____ /wʌnz/

twice a _____

three times a _____

four times a _____



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5 PRONUNCIATION the letter *h*

a 3.10 Listen and repeat.



how	hardly	heavy	high
have	half	hungry	happy

b Say the sentences. Circle the word where *h* is not pronounced.

Harry's unhhealthy.

He hardly ever has breakfast.

He usually eats hamburgers.

He's always in a hurry.

He's often half an hour late for work.



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Homework

- ✓ Estudiar los contenidos de la clase.
- ✓ Realizar las tareas asignadas por el docente durante la clase.

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