







A Change for Health



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<p>1.</p>  <p>Ezequiel is 20 years old. He lives near Mexico City with his family.</p>	<p>2.</p>  <p>Ezequiel is overweight.</p>	<p>3.</p>  <p>He doesn't exercise.</p>
<p>4.</p>  <p>He eats a lot of food—15 tortillas with breakfast, 15 tortillas with lunch, and 15 tortillas for dinner!</p>	<p>5.</p>  <p>He feels sick. He feels sad, too.</p>	<p>6.</p>  <p>He tells his mother, "I need to lose weight."</p>
<p>7.</p>  <p>He exercises, but he still eats a lot of food and tortillas. He can't lose weight.</p>	<p>8.</p>  <p>Then, he exercises AND eats healthy food.</p>	<p>9.</p>  <p>He eats fruits and vegetables and only 1 or 2 tortillas per day.</p>
<p>10.</p>  <p>In a few months, he looks in the mirror. "I look good!" he says.</p>	<p>11.</p>  <p>Today, Ezequiel is 28 and lives in Santa Barbara. He is a level 4 ESL student at Santa Barbara High School.</p>	<p>12.</p>  <p>He still eats healthy food and exercises. "I feel confident and handsome!" he says.</p>

A Change for Health



Ezequiel is 20 years old. He lives near Mexico City with his family. Ezequiel is overweight. He doesn't exercise. He eats a lot of food—15 tortillas with breakfast, 15 tortillas with lunch, and 15 tortillas for dinner! He feels sick. He feels sad, too.

He tells his mother, "I need to lose weight." He exercises, but he still eats a lot of food and tortillas. He can't lose weight. Then, he exercises AND eats healthy food. He eats fruits and vegetables and only 1 or 2 tortillas per day. In a few months, he looks in the mirror. "I look good!" he says.

Today, Ezequiel is 28 and lives in Santa Barbara. He is a level 4 ESL student at Santa Barbara High School. He still eats healthy food and exercises. "I feel confident and handsome!" he says.

1. Vocabulary: Write the correct word under the picture.

overweight

exercise

sick

lose weight

handsome

look in the mirror

confident

healthy food



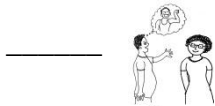
1. **Healthy food** 2. _____ 3. _____ 4. _____



5. _____ 6. _____ 7. _____ 8. _____

2. Understanding the Story

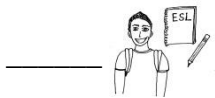
Put the story in order. Write the number next to the picture.



Ezequiel tells his mother, "I need to lose weight."



Ezequiel looks in the mirror and says, "I look good!"



Ezequiel is an ESL student at Santa Barbara High School.



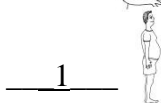
Ezequiel doesn't exercise.



Ezequiel exercises and eats healthy food.



Ezequiel feels sick and sad.



1 Ezequiel is overweight.

3. Habits

A. A habit is something you always do. Look at the pictures below and say the health habit.



exercise



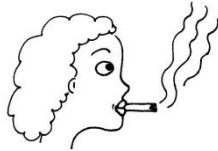
eat healthy food



eat candy



drink soda



smoke



drink water


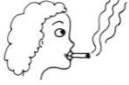



B. Now, write the habits in the chart under healthy (good) habits or unhealthy (bad) habits. With a group, think of more health habits and add these to the chart.

Healthy Habits	Unhealthy Habits
Exercise	

4. Our Habits

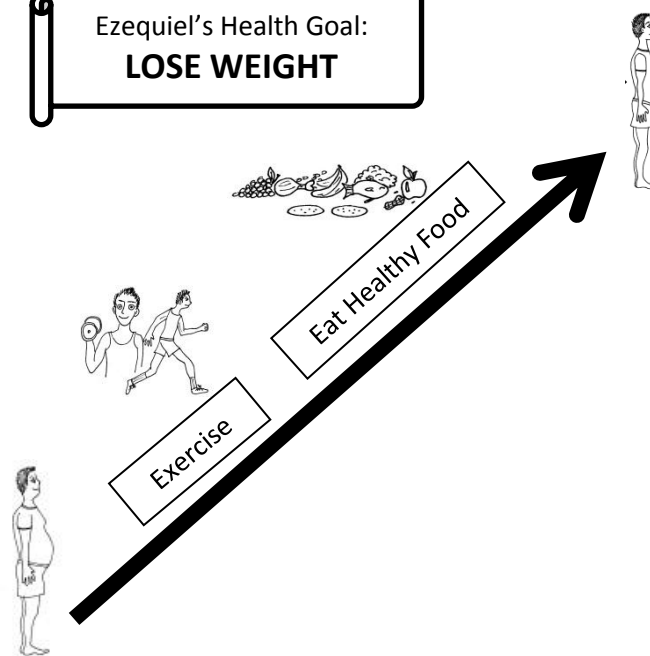
Stand up and ask 6 classmates about their habits.

Do you _____? Yes, I do. / No, I don't.

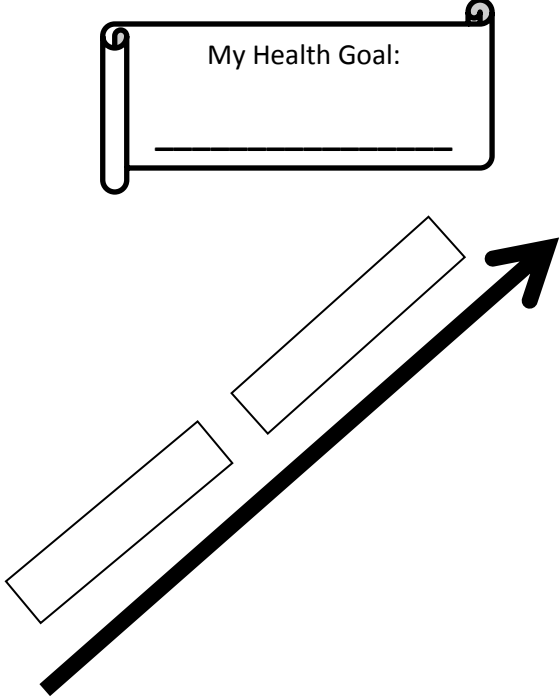
What's your name? My name is _____.						
Example: Juan	Yes	No	Yes	yes	Yes	yes
1.						
2.						
3.						
4.						
5.						
6.						

5. Health Goals: What is your health goal? What do you need to do to reach it?

Ezequiel's Health Goal:
LOSE WEIGHT



My Health Goal:



Keep Going! Stand up. Share your health goal with 5 classmates.