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| **GUIA DE TRABAJO – TALLER INTEGRADO** | | |
| **I.E.D.E.M.** | **ASIGNATURA: INGLES** | **DOCENTE: RAUL CAÑAS** |
| INSTRUCCIONES GENERALES   * DESCARGUE EL DOCUMENTO Y CONSERVELO EN FORMATO DE WORD PARA SOLUCIONARLO. * LEA ATENTAMENTE LAS INSTRUCCIONES DE CADA UNA DE LAS ACTIVIDADES PARA RESOLVER APROPIADAMENTE. * RESUELVA EL TALLER EN ESTE MISMO DOCUMENTO AGREGANDO LAS PAGINAS QUE SEAN NECESARIAS PARA SU SOLUCION. * AL TERMINAR DE RESOLVER, PUBLICARLO EN SU PAGINA WEB PARA SU RESPECTIVA EVALUACION. * FECHA FINAL DE ENTREGA: AGOSTO 4 | | |
| **ACTIVITY 1:** LEE Y TRADUCE CADA UNO DE LOS PARRAFOS QUE SE DAN EN LA LECTURA A CONTINUACION.  Eating Disorders  Eating disorders are so common in America that 1 or 2 out every 100 students will struggle with one. The most common types of eating disorder are anorexia nervosa and bulimia nervosa (usually called simply “anorexia” and “bulimia”: But other food-related disorders, like binge eating disorders, body image disorders, and food phobias, are showing up more frequently than they used to.  **ANOREXIA**  People with anorexia have an extreme fear of weight gain and a distorted view of their body size and shape. As a result, they can’t maintain a normal body weight.  Some people with anorexia restrict their food intake by dieting, or excessive exercise. They hardly eat at all – and the small amount of food they do eat becomes an obsession. Other people with eating disorders do something called binge eating and purging, where they eat a lot of food and then try to get rid of the calories by forcing themselves to vomit, using laxatives, or exercising excessively.  **BULIMIA**  Bulimia is similar to anorexia. With bulimia, a person binge eats (eats far too much food) and then tries to compensate it extreme ways, such as forced vomiting or excessive exercise, to prevent weight gain. Over time, these steps can be dangerous. To be diagnosed with bulimia, a person must be binging and purging regularly, at least twice a week for a couple of months. People with bulimia eat a large amount of food (often junk food) at once, usually in secret. The person typically feels powerless to stop eating and can only stop once he or she is too full to eat any more.  Kidshealth.org (abridged) | | |

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| **ACTIVITY 2:** BUSCA UNA IMAGEN QUE PUEDA IDENTIFICAR CADA UNO DE LOS PARRAFOS DE LA LECTURA ANTERIOR Y AGREGALO EN LA SOLUCIÒN DEL TRABAJO PROPUESTO |
| **ACTIVITY 3:**  RESUELVE EL CUESTIONARIO QUE SE DA A CONTINUACIÓN A PARTIR DE LA LECTURA.   * **Read the text and decide whether these sentences are true (T) or false (F). Correct the false ones.** * A great number of American students will suffer from eating disorders. \_\_\_\_ * Anorexia and bulimia are the only food-related disorders. \_\_\_\_\_ * Anorexics like their body. \_\_\_\_\_\_ * Some anorexics eat very little and do too much exercise. \_\_\_\_\_\_ * Some bulimics try to lose their calories by exercising regularly. \_\_\_\_\_\_ * **Answer the following questions with complete sentences.** * What are the symptoms of bulimia? * When can we say that a person suffers from bulimia? * Why do bulimics eat so much? |

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| **ACTIVITY 4:** COMPLETA EL SIGUIENTE CUADRO CON LA INFORMACIÒN QUE SE PIDE: ESCRIBE EN CADA CASO TRES SUGERENCIAS APLICANDO LAS EXPRESIONES: **SHOULD – SHOULDN’T / HOW ABOUT…? / WHY DON`T YOU**…? PARA EXPRESAR LA POSIBLE SOLUCIÒN A CADA UNA DE ESTAS SITUACIONES DE SALUD.  UTILIZA VOCABULARIO Y EXPRESIONES ESTUDIADAS Y TRABAJADAS EN CLASE   |  |  | | --- | --- | | EATING DISORDERS | WHY DON`T YOU…?  YOU SHOULD… / YOU SHOULDN`T…  HOW ABOUT GOING TO…? | | ANOREXIA |  | | BULIMIA |  | |

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| **ACTIVITY 5:**  ELABORA UNA LISTA DE 12 HABITOS SALUDABLES Y NO SALUDABLES CON SU RESPECTIVA IMAGEN. LUEGO ESCRIBE PARA CADA UNO UNA SUGERENCIA APLICANDO LAS EXPRESIONES: **SHOULD – SHOULDN’T / HOW ABOUT…? / WHY DON`T YOU. SIGUE EL EJEMPLO:**   |  |  | | --- | --- | | **DRINK WATER** | **SUGERENCIA:**   * WE SHOULD DRINK WATER BECAUSE IT IS NECESSARY AND IMPORTANT FOR OUR HEALTH. * HOW ABOUT DRINKING WATER FOR HAVING A BERTTER HEALTH? * WHY DON’T YOU DRINK WATER TO HAVE GOOD HEALTH? |   **NOTA: LA LISTA DE ESTOS HABITOS DEBE SER DIFERENTE AL VOCABULARIO TRABAJADO EN CLASE** |

**ACTIVITY 5:**  ELABORA UNA LISTA DE 12 HABITOS SALUDABLES Y NO SALUDABLES CON SU RESPECTIVA IMAGEN. LUEGO ESCRIBE PARA CADA UNO UNA SUGERENCIA APLICANDO LAS EXPRESIONES: **SHOULD – SHOULDN’T / HOW ABOUT…? / WHY DON`T YOU. SIGUE EL EJEMPLO:**

**12 habitos saludables:**

**-You should do more sports because it helps your physique.**

**-You shouldn't litter because you damage nature.**

**-You should sleep early because it helps your sleep.**

**-You shouldn't play video games for that long because it damages your eyesight.**

**--You should eat healthy because it helps your health.**

**-You should go out and have fun because it helps your mental health.**

**-How about we go to the gym because we gain weight.**

**-You should have more physical and mental health because it helps your mind.**

**-How about we go to eat fruits because it helps our health?**

**-How about we sleep early because we have a game tomorrow?**

**-How about we drink water because it helps us hydrate.**

**-You should go to the dentist every 6 months to check your teeth.**

12 habitos no saludables.

**-**You shouldn't sleep less than 8 hours because it leaves you without energy.

-You shouldn't eat so much sweet because it worsens your health.

-You shouldn't drink alcohol because it harms your health.

-You shouldn't take drugs because they are bad for the body.

You shouldn't consume so much sugar because it is bad for your health.

-You shouldn't play video games excessively because it damages your mind and your health.

You shouldn't smoke because it damages your lungs.

You shouldn't buy prepared food because it damages your health.

You shouldn't dye your hair because it damages the scalp.

You shouldn't drink less water a day because it does not hydrate you.

You shouldn't eat fat because it damages your health.

You shouldn't drink energy drinks because they activate the nervous systems.