

271033

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.

Desordenes alimenticios

Los desordenes alimenticios son tan comunes en America que 1-2 de 100 estudiantes sufren de uno. El más común de desordenes alimenticios son anorexia nervosa y bulimia nervosa (usualmente llamados simplemente “anorexia” y “bulimia”): pero otros desordenes alimenticios, desordenes, como desordenes por atracón, desordenes de imagen corporal, y fobias alimenticias, están apareciendo mas frecuentemente de lo que deberían.

ANOREXIA

Personas con anorexia tienen un miedo extremo miedo a la ganancia de peso y una visión distorsionada de su tamaño y forma corporal. Como resultado, no pueden mantener un peso corporal normal.

Algunas personas con anorexia restringen su ingiero de comida haciendo dieta, o ejercicio extremo. Dificilmente comen cualquier cosa – y la pequeña cantidad de comidad que si comen se convierte en una obsesión. Otras personas con desordenes alimenticios hacen algo llamado atracones y purgas, donde comen montones de

comidas y intentan quemar las calorías forzándose a vomitar, usar laxantes, o ejercitarse excesivamente

BULIMIA

La bulimia es similar a la anorexia. Con bulimia, una persona se atraca (come montones de comida) y entonces intentan compensarlo en maneras extremas, como vomito forzado o ejercicio exhaustivo. Con el tiempo, esto puede ser peligroso. Para ser diagnosticado con bulimia, una persona debe atracarse y purgarse regularmente, al menos dos veces a la semana por unos meses. Personas con bulimia comen una cantidad obscena de comida (usualmente comida basura) de una vez, usualmente en secreto. La persona típicamente se siente impotente para parar de comer y solo puede parar cuando el o ella esta muy lleno/a para comer más.

Kidshealth.org (resumido)

ACTIVITY 2: BUSCA UNA IMAGEN QUE PUEDA IDENTIFICAR CADA UNO DE LOS PARRAFOS DE LA LECTURA ANTERIOR Y AGREGALO EN LA SOLUCIÓN DEL TRABAJO PROPUESTO



(en orden de parrafo)

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. T
- Anorexia and bulimia are the only food-related disorders. F
- Anorexics like their body. F
- Some anorexics eat very little and do too much exercise. T
- Some bulimics try to lose their calories by exercising regularly. T
- Answer the following questions with complete sentences.

- What are the symptoms of bulimia?

Some of the symptoms of bulimia are excessive food intake and purging on the regular. Where the person affected will eat tons of food and then try to vomit it or get rid of the calories it has (some methods are excessive exercise, laxatives, or forced vomiting).

- When can we say that a person suffers from bulimia?

When excessive food is both taken in and vomited/gotten rid of almost at the same time.

- Why do bulimics eat so much?

One of the symptoms of bulimia is excessive food intake.

ACTIVITY 4: COMPLETA EL SIGUIENTE CUADRO CON LA INFORMACIÓN 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 SOLUCIÓN A CADA UNA DE ESTAS SITUACIONES DE SALUD.

UTILIZA VOCABULARIO Y EXPRESIONES ESTUDIADAS Y TRABAJADAS EN CLASE

EATING DISORDERS WHY DON'T YOU...?

Why don't you get checked for an eating disorder?

You should try to stop eating that much food.

How about going to the doctor for that?

YOU SHOULD... / YOU SHOULDN`T...

HOW ABOUT GOING TO...?

ANOREXIA

You should take some therapy for that anorexia you have.

Why don't you try to get your self-esteem up?

You shouldn't worry about your body.

BULIMIA

You should try to eat less food on the regular.

How about going to a therapist?

Why don't you take medicines for that bulimia you have?

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

HEALTHY HABITS

practice any sport regularly because it helps with a lot of aspects in our lives.



sleep well so that you don't wake up tired.

practice meditation so as to not be stressed out on the daily.

Stay socially connected to your family and friends.

Avoid smoking and vaping for your lungs to be well.



Eat mindfully, so as to not be too full or not eat enough.

Regularly check with your doctor to make sure you don't have any health problems.



Keep a positive mindset to see the better of life everyday.



Read regularly to fuel your imagination.



Apply sunscreen and protective clothing when being exposed to the sun for too long so you don't get burnt.

Stay organized so as to not get the bad habit of your room being unkept and unclean.



Make sure you're mentally healthy, so you don't lose focus when doing something important or something like that.

UNHEALTHY HABITS

Don't eat too much junk food so you don't gain too much weight.



Don't lead a sedentary lifestyle because that increases the chances of being obese and unorganized.



Don't skip meals because that can cause overeating later and disrupt your metabolism

Don't overeat because that can cause obesity and related health issues.



Don't ignore your mental health because that can lead to depression and all related issues.

Don't procrastinate too much because that can negatively impact mental and physical productivity.

Don't ignore your dental hygiene because that can cause caries, cavities and gum diseases.



Don't overwork because that can cause lots of stress.



Don't self-depricate yourself, because that can cause self-esteem issues.

Consuming excessive amounts of caffeine can lead to heart diseases.



Don't eat too quickly because that can cause poor digestion.

Don't ignore symptoms of illness because that can lead to more serious problems.

SUGGESTIONS

practice any sport regularly because it helps with a lot of aspects in our lives:

Why not find a fun activity like dancing or hiking to stay active?

How about setting a regular workout schedule to stay consistent?

Have you tried joining a fitness class for motivation and support?

sleep well so that you don't wake up tired:

Why not create a calming bedtime routine to help you unwind?

How about setting a consistent sleep schedule, even on weekends?

Have you considered reducing screen time before bed to improve sleep quality?

practice meditation so as to not be stressed out on the daily:

Why not start with just a few minutes of meditation each day?

How about using a guided meditation app to help you focus?

Have you tried incorporating deep breathing exercises into your routine?

Stay socially connected to your family and friends:

Why not schedule regular catch-ups with friends and family?

How about joining clubs or groups that interest you?

Have you considered volunteering in your community to meet new people?

Avoid smoking and vaping for your lungs to be well:

Why not seek support from friends, family, or support groups?

How about using nicotine replacement therapies if needed?

Have you tried staying away from triggers that make you want to smoke or vape?

Eat mindfully, so as to not be too full or not eat enough:

Why not eat without distractions, such as TV or phones?

How about chewing your food slowly and savoring each bite?
Have you considered listening to your body's hunger and fullness cues?

Regularly check with your doctor to make sure you don't have any health problems:

Why not schedule annual physical exams with your doctor?
How about staying up-to-date with vaccinations?
Have you considered monitoring your health at home, such as blood pressure or weight?

Keep a positive mindset to see the better of life everyday:

Why not practice positive affirmations each day?
How about surrounding yourself with positive influences?
Have you considered focusing on solutions rather than problems?

Read regularly to fuel your imagination:

Why not set aside a specific time each day for reading?
How about joining a book club or starting one with friends?
Have you considered exploring different genres to keep things interesting?

Apply sunscreen and protective clothing when being exposed to the sun for too long so you don't get burnt:

Why not wear sunscreen with at least SPF 30 every day?
How about wearing a hat and sunglasses when outdoors?
Have you considered seeking shade during peak sun hours?
Stay organized so as to not get the bad habit of your room being unkept and unclean:

Why not use a planner or digital calendar to keep track of tasks?
How about decluttering regularly to maintain a tidy space?
Have you considered creating systems for organizing your belongings?

UNHEALTHY HABITS

Don't eat too much junk food so you don't gain too much weight:

Why not replace your favorite junk foods with healthier alternatives?
How about keeping healthy snacks like fruits and nuts on hand?
Have you considered planning your meals to avoid impulsive eating?

Don't lead a sedentary lifestyle because that increases the chances of being obese and unorganized:

Why not take short walks during your breaks?
How about standing while you work for part of the day?
Have you tried joining a local sports team or fitness class?

Don't skip meals because that can cause overeating and disrupt your metabolism:

Why not prepare quick and healthy meals ahead of time?
How about setting reminders to eat regular meals throughout the day?
Have you considered keeping nutritious snacks with you for busy times?

Don't overeat because that can cause obesity and related health issues:

Why not practice portion control by using smaller plates?
How about eating slowly to give your body time to signal fullness?
Have you considered tracking your food intake to stay mindful of what you eat?

Don't ignore your mental health because that can lead to depression and all related issues:

Why not talk to a mental health professional about how you're feeling?
How about practicing stress-relief techniques like meditation or yoga?
Have you considered opening up to friends or family about your mental health?

Don't procrastinate too much because that can negatively impact mental and physical productivity:

Why not break tasks into smaller, manageable steps?
How about setting deadlines for yourself to stay on track?
Have you tried using a planner or to-do list to organize your tasks?

Don't ignore your dental hygiene because that can cause caries, cavities and gum diseases:

Why not set a routine for brushing and flossing your teeth twice daily?
How about keeping dental hygiene products handy, even when traveling?
Have you considered scheduling regular dental check-ups?

Don't overwork because that can cause lots of stress:

Why not set boundaries for your work hours to avoid burnout?
How about scheduling regular breaks throughout your workday?
Have you considered delegating tasks to lighten your workload?

Don't self-depricate yourself, because that can cause self-esteem issues:

Why not practice positive affirmations each day?

How about challenging negative thoughts and replacing them with positive ones?

Have you considered talking to a counselor to work on building self-esteem?

Consuming excessive amounts of caffeine can lead to heart diseases:

Why not switch to decaffeinated drinks in the afternoon and evening?

How about gradually reducing your daily caffeine intake?

Have you tried replacing caffeinated drinks with herbal teas or water?