

CENTRO	Salesianos		
TÍTULO	<i>How to stay healthy</i>	CURSO	2º
PROFESORAS	Berta Zabalza y Maite Piérola	ASIGNATURA	Inglés

Plan de mejora de las competencias lectoras en la ESO.

How to Stay Healthy



College Health: How to Stay Healthy

Are there things that I can do to stay healthy?

Yes! You should be eating healthfully, exercising, and getting plenty of rest.

What should I know about nutrition and eating well?

Eating well is very important. You should eat a variety of healthy foods. You should try to eat foods that are baked, steamed, or grilled, rather than fried. Also, choose fresh foods like steamed vegetables and grilled chicken instead of fast food or processed foods like frozen dinners. Remember to watch the amount of salt that you consume. Limit the amount of junk food (candy, chips, soft drinks) that you eat, and eat plenty of fruits and vegetables (at least 5 a day). Find good foods at late-night snack time, such as popcorn and veggies. You should drink enough non-caffeine fluids each day (8-10 8oz. glasses a day). Women should consume 3-4 servings of dairy products that are high in calcium (milk, yogurt) to keep their bones healthy. Taking a daily multivitamin (with iron and 0.4 mg folic acid) will help you stay healthy. If you are a vegetarian, make sure that you get all the nutrients that you need.

What do I need to know about exercise?

Another important way to stay healthy and reduce stress is to get enough exercise. You should make sure that you do aerobic exercise, muscle strengthening, and stretching exercises. You should do aerobic exercise (biking, running, fast walking, swimming, and aerobics) 3-5 times a week, for 20-60 minutes. If you do it right, your heart should speed up and you should breathe faster. However, you should still be able to talk when you are doing aerobic exercise. Strengthening exercises (sit-ups, push-ups, leg lifts, weight training) will build up your muscles and keep your bones healthy. Stretching exercises (yoga) will make you more flexible, so you will be less likely to strain a muscle. You can also get exercise by doing simple things, such as walking or riding a bike (with a helmet), instead of driving or taking the bus.

What do I need to know about getting enough rest?

There may be so much to do once you get to college that you find that you are not getting enough sleep. The average amount of sleep a person needs is 8 hours. However, you may need more or less. If you are not getting enough sleep, you may:

- feel more stressed or depressed.
- have a hard time staying awake in class.
- have trouble concentrating on papers and exams.

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- catch lots of colds and other minor illnesses (because your body cannot fight off germs as well).
- So try to get enough sleep or you won't even be able to enjoy the activities that you are skipping sleep for!!

Written by the Center for Young Women's Health Staff

FUENTE	
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TIPOLOGÍA	
SOPORTE	Electrónico
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USO	Educativo

ESTRATEGIAS DE LECTURA

1. ANTES DE LA LECTURA

1. Objetivo de la lectura:

- 1-Conocer las pautas para llevar una vida sana.
- 2-Aprender el uso del verbo modal SHOULD para expresar consejo.
- 3-Aprender vocabulario relacionado con deportes, comida (tipos de alimentos, maneras de cocinar...) y leves problemas de salud (stress, depression, colds...).

2. Activación de conocimientos previos:

Antes de la lectura, el profesor centrará la atención en las palabras y expresiones clave del texto que se encuentran tanto en el logotipo como en el título. Estas son: HEALTH, STAY HEALTHY, YOUNG WOMEN, TEEN.

What is the meaning of these words?

Do you think it is important for you to stay healthy?

What do you do to stay healthy?

Do you know the benefits of exercising?

Do you do exercise?

Do you know the importance of eating well?

Do you like vegetables and fruit? Or do you prefer fast food?

Do you eat them regularly?

Is there any food you never eat? Why?

Could you live without fast food?

How often do you eat fast food?

How many hours of sleep should you get?

How many hours of sleep do you really get?

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How many hours of sleep does your brain need?
How many hours a day should a 14-year-old girl sleep?

Con estas preguntas pretendemos adelantarnos a lo que el texto va a tratar.

3. Elaboración de hipótesis:

Una vez asegurados que entienden las palabras clave podemos elaborar las primeras hipótesis sobre el contenido del texto, a quien va especialmente dirigido, por quién y qué pretende.

What is the text about? It is about staying healthy

Who is the text addressed to? It is addressed to young women (teens)

Who has written the text? A center for young women's health.

Why should I read it? To know about keeping fit and having a healthy life.

Ahora hacemos una primera lectura.

2. DURANTE LA LECTURA

4. Análisis de la estructura del texto

Nos fijamos en la estructura del texto. Está compuesto por cuatro preguntas, realizadas en primera persona, manera así de involucrar al lector para concienciarlo de la importancia de lo que se va a tratar. What should I.....?

La primera sólo enumera los tres factores más importantes para la consecución de una vida saludable (**eating well , exercise and rest**). Las 3 siguientes desarrollan ampliamente estos tres puntos dando pautas y consejos para lograr dicho objetivo. Señalaríamos también la diferencia de color entre las letras de las preguntas y las de las respuestas-consejos.

5. Clasificación del texto

Podemos explicar ahora que este texto es un texto instructivo donde se dan pautas y consejos a los adolescentes para llevar una vida sana.

6. Comprensión de nuevo vocabulario

Ahora vamos a ir releendo párrafo por párrafo y aclarando el vocabulario desconocido. Este texto tiene bastante vocabulario, para trabajarlo, queremos que el alumno lo vaya deduciendo por el contexto en vez de darlo todo al principio como una batería de palabras desconocidas.

En el primer párrafo explicaríamos palabras como: baked, steamed, grilled, fried, relativas a ways of cooking (maneras de cocinar), processed food, frozen, junk food (types of food).

El uso del verbo modal should = debería para expresar consejo en inglés.

En el segundo párrafo revisaríamos el vocabulario que tiene que ver con tipos de ejercicio(biking, running, fast walking, swimming, aerobics, stretching...) y sus consecuentes beneficios para el cuerpo (reduce stress, breath faster, be more flexible...

En el tercer párrafo señalaríamos palabras como: enough, average, depressed, stressed, stay awake, have trouble, catch colds, illnesses...todas ellas palabra que tienen que ver con enfermedades o problemas derivados por una falta de descanso (rest).

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3. DESPUÉS DE LA LECTURA

7. Valoración del contenido

Valoramos con los alumnos si con los consejos que nos plantea el texto lograremos una vida más sana.

Discutiremos sobre las ventajas que tiene seguir estas pautas para nuestra vida diaria.

Planteamos una serie de preguntas para trabajar el vocabulario aprendido y practicar should para expresar consejo en inglés.

Would you follow this advice? Why?

Would you recommend this text? Why?

Make a list of the good eating habits and bad eating habits mentioned in the text.

Make a list of the food you should eat /should try to avoid

Make a list of the types of exercises you can take to have a healthier life.

Which one would you like to do?

Name the benefits of these exercises in your body.

Now you have read the text, have you recently had any of the symptoms mentioned in the last paragraph?

Should you increase your sleep hours?