

PROPÓSITO:

Expreso mis opiniones, gustos y preferencias sobre temas que he trabajado en clase, utilizando estrategias para monitorear mi pronunciación. (Taller 2, Periodo 1)

MOTIVACIÓN:

EVERYDAY ACTIVITIES

HOW OFTEN DO YOU PRACTICE ANY SPORT?

How much water do you drink every day?

Do you sleep well? Yes ____ No ____ Why? _____

Draw an schedule and write at least 5 different healthy activities for your body and mind.

EXPLICACIÓN:**I'm Interested in My Health!****TOPICS:**

ILLNESSES / SICKNESSES

VIRUS

MEDICAMENTS

GRAMMAR: PRESENT PERFECT TENSE

PAST PARTICIPLE VERBS

MODAL AUXILIARES: WILL / HAVE

EJERCICIOS:

LET'S GET BALANCED

VIDEO: PROFESOR NATIVO GRATIS.

How it all started
Losing control
New experiences
Steps to recovery

Advice: Keeping Fit (Video)

Why don't you.....?

You ought to.....

You should.....

You shouldn't.....

You could.....

What about.....(ing)?

How about.....(ing)?

If I were you, I'd.....

If you.....will.....

Have you thought of.....(ing)?

Join a gym

Contract a personal trainer

Consume less alcohol and sugary drinks

Eat more fruit and wholemeal foods

Play sports or do exercise

Go on a diet

Stop (give up) smoking

Limit processed food

Swap whole milk for skimmed milk

Go shopping when you're hungry

1. Read the article and answer the questions. Write full sentences.

1. What are the benefits of eating a healthy breakfast?

2. What are the three food groups that should be included in a healthy breakfast?

3. Why do our bodies need carbohydrates?

2. Think of other types of food that people eat in the morning. Write two ideas in each of the food groups.

Carbohydrates	Fruit and vegetables	Proteins
Potatoes , _____	_____ , _____	_____ , _____

3. Write a description of your ideal healthy breakfast recipe. Use the information in the text to help you.

My ideal healthy breakfast would be _____

It's healthy because _____

The Most Important Meal Of The Day!

A healthy breakfast has been proven to have many health benefits. Eating breakfast in the morning gives our bodies the energy it needs to get through a busy day. Skipping breakfast is like trying to start your car in the morning without petrol!

Nutritionists all agree; breakfast really is the most important meal of the day! Research shows that students who eat a healthy breakfast do better at school. They are happier and they have more energy. In addition to giving us instant energy, it also provides us with important nutrients and vitamins that our bodies need to function well in the day.

So, what is a healthy breakfast? According to nutritionists, a healthy breakfast should include at least one ingredient from each of the following groups of food groups: fruits and vegetables, protein and carbohydrates. Foods like oatmeal, brown rice

and wholegrain bread give your body carbohydrates it needs to make energy.

Tomatoes, avocado, oranges and other fruits

and vegetables give your body different vitamins. You can get protein from milk, yoghurt, eggs, nuts and other foods like meat. Eating something in all three food groups will help you kick-start your day.

In summary, a healthy breakfast equals a healthy body and healthy mind. For increased energy, concentration, and happiness, eat a healthy breakfast.



1 How It All Started

I remember my first diet; I was 12 years old. I wasn't obese, but I thought I was. I wanted to be like the thin celebrities in the magazines. In one week I lost 3 kilograms, but my parents got angry, so I started to eat again. This made me feel really guilty.

That's how it began. I was on and off a diet all the time. When I wasn't dieting I felt guilty because I would binge-eat. But, soon I found the answer: vomiting! In front of family and friends I would eat so much food that it was uncomfortable, then I would quietly go to the toilet and vomit.

2

At first I felt happy. "I have found the answer!" I thought. No one suspected that I was dieting. But soon it was out of control. I started to feel very lonely and I became more and more unsociable. The depression was confusing. To feel better I started to binge-eat more and then vomit more; it was a horrible cycle of binge-eating, vomiting, feeling guilty and then depressed, over and over again.

3

This was my life for nearly 15 years. When I was 27 I took the first step towards recovery. I attended a course that talked about the psychological and physical effects of

dieting. It felt like the course was designed for me! The idea of not dieting was really scary. I always thought, "If I don't diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese". The course helped me understand that this isn't correct. So, I found a therapist who helped me work on my self-esteem. I learned to be nicer to myself and discovered that binge-eating allowed me to avoid confronting uncomfortable emotions. I also attended group therapy which was wonderful. It was really helpful to talk with other people who had similar experiences to mine.

4

Today I love eating, and I don't feel guilty. I enjoy the flavours and social interaction of eating in restaurants and cooking for friends and family. I am lucky to have recovered from this disease. It wouldn't have been possible without the help and support that I received from family, friends and therapists.



2. Read the article again and answer the questions. Write full sentences.

a. Why did Viviana start dieting at age 12?

R/ Viviana started dieting when she was 12 because she thought she was obese.

b. What did Viviana do to feel better when she felt depressed?

R/ _____

c. How long did Viviana suffer from Bulimia?

R/ _____

d. What did Viviana think would happen if she didn't diet?

R/ _____

e. What did Viviana think was helpful about group therapy?

R/ _____

EVALUACIÓN:

Se calificará el trabajo realizado teniendo en cuenta la participación durante las actividades y el desarrollo de las GUÍAS FORMATIVAS durante las clases utilizando los medios y recursos ofrecidos por la Institución: CARTILLAS, PLATAFORMA COLEGIOSONLINE, PLATAFORMA RADAR o mediante llamada telefónica por WhatsApp y el ingreso eventual a encuentros por MEET O ZOOM.

BIBLIOGRAFÍA:

