



ASIGNATURA	Ingles	NIVEL	Tercero medio PUENTEALTO
UNIDAD 3	Health and modern life	AE:	10
OBJETIVO DE LA GUIA.	Leer y demostrar comprension de ideas principales e informacion relevante en textos descriptivos, informativos narrativos y expositivos autenticos, simples y de variada extension, como entrevistas, catalogos, folletos e informes, relacionados con la salud y la vida moderna.	INDICADORES DE EVALUACION.	-usar estrategias de lectura rápida y focalizada. -reconocer vocabulario temático de la unidad, palabras y frases clave. -identificar acciones pasadas que continúan en el presente.

INSTRUCCIONES PARA EL DESARROLLO DE LA GUIA.	<p><i>Desarrollar la guía sobre vivir más y mejor.</i></p> <p>Páginas a trabajar: páginas 63, 64 y 65 libro dl estudiante.</p> <p>-Responder las preguntas (a-e) del ítem 2, luego deben leer un texto acerca de cómo vivir hasta los 100 años y deben realizar las dos actividades a continuación del texto.</p> <p>En la actividad 1 Your analysis deben identificar en que párrafo aparecen cada una de las frases (a-f).</p> <p>-En la actividad 2 debe responder la pregunta relacionada al texto.</p> <p>-Por último, en la actividad 3 debe responder el set de tres preguntas de opinión respecto al texto.</p>
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GUIA N°4 classroom	FECHA: del 31 de agosto al 14 de septiembre	NOMBRE DE LA GUIA	Live longer and better
Dato/sugencias:			
<p>Observa las capsulas de aprendizaje que estarán disponibles en la plataforma de la clase de inglés en Google classroom.</p> <p><u>Si no tienes los textos puedes descargar las páginas necesarias acá:</u></p> <p>Del texto del estudiante: https://curriculumnacional.mineduc.cl/614/articles-145471_recurso_pdf.pdf Cuadernillo actividades: https://curriculumnacional.mineduc.cl/614/articles-145472_recurso_pdf.pdf</p> <p>Si tienes dudas no dudes en comunicarte con tú profesor, y envía tus trabajos al correo:</p> <p>Daniela Zamudio: Daniela.zamudio@colegiofernandodearagon.cl 3°A / 3°D / 3°F / 3°G</p> <p>Jose Luis reyes: Jose.reyes@colegiofernandodearagon.cl 3°B / 3°C / 3°E</p>			

ESTA GUÍA DEBE SER REPORTADA VÍA CLASSROOM! GUÍAS ENVIADAS AL CORREO NO PUEDEN SER CORREGIDAS. ES SU RESPONSABILIDAD ADJUNTAR EL ARCHIVO.



Live longer and better

Activity:

- Read these secrets for a long, happy and healthy life, according to a study, look at the chart and answer the questions below. **(10 points)**

Centenarians' top secrets to longevity

Age	Name	Location	Longevity secrets
127	Leandra Becerra	Mexico	Chocolate, sleeping a lot.
122	Jeanne Calment	France	Olive oil, chocolate, a glass of wine a day.
119	Sarah Knauss	USA	No stress, not worrying about age, praying.
117	Emma Morano	Italy	3 eggs a day, being single.
116	Misao Okawa	Japan	Sushi, ramen noodles, sleeping 8 hours a day, relaxing.

- Do you think having a healthy diet could help you live longer and better? _____
_____.
- How can faith help people live longer? Explain. _____
_____.
- How relevant do you think sleeping well is to have a good and long life? _____
_____.
- How are attitude and relationships related to health? Explain. _____
_____.
- Which of the "secrets" presented are the most important for you? Support your answer.
_____.

Read the following text and answer the question below.



How to live to 100

Paragraph 1

Worldwide, **life expectancy** is higher than ever before. In fact, a United Nations report shows that 20% of the population will be aged 65 years and older by 2050 — a figure which is likely to continue rising.

Paragraph 2

Although eating healthily has a strong showing in second place, even more centenarians attributed their long **lifespans** to less conventional advice involving daily treats such as chocolate, bacon or sugary drinks.

Key words

life expectancy
lifespan
daily treats
crash diet

Paragraph 3

Elizabeth Sullivan, 104, sums up this paradox perfectly in a conversation with her doctor:

“I saw the doctor and he said, ‘Are you careful about what you eat?’ and I said, ‘Certainly not, I have been drinking three sodas a day for a long time’, and he said, ‘Oh my goodness, that’s too much sugar. You will die if you keep drinking that,’” she recounted. “But 10 years later he died and I had to change doctors. So I’m still drinking three sodas a day and people said that’s bad for me but you know, not very many people live to be 104. So I guess the sugar in the sodas has kept me alive all this time.”

Paragraph 4

Somewhat controversially, more centenarians recommended a daily drink than **abstaining from** drinking alcohol entirely — seemingly claiming that a little bit of the bad stuff might do us some good after all.

Paragraph 5

Other **popular advice** included staying active, keeping a positive attitude, and maintaining relationships with family and friends. Similarly, getting enough sleep, being nice to others, and having religious faith were also acknowledged as important parts of living well into old age.

Paragraph 6

Judging from the advice collated, striking a happy balance seems to be key to a long and healthy life. None of the centenarians featured in the research recommended **crash diets** or complete lifestyle renovations. Instead, their tips were tailored to their own lifestyles and practiced consistently. Most of them have been indulging in a daily glass of wine, eating plenty of vegetables, or simply keeping a loving network of family and friends.



Your analysis (10 points)

1. Which paragraph mentions...

a. popular pieces of advice? _____

b. a less conventional advice? _____

c. that life expectancy is _____

higher than before? _____

d. features that centenarians do not carry out? _____

e. a controversial recommendation? _____

f. a paradox about healthy eating? _____

2. According to the data presented previously, having a healthy diet proved to be one of the most important factors to live longer. *What do you think would be a healthy diet?* _____

_____.

Think critically (12 points)

Make text-to-world connections

- Japanese and Mediterranean diets are said to prolong life.

What could be the reason for this? _____

_____.

- How much do you think these diets differ from ours? _____

_____.

Make text-to-self connections

- Nowadays, Chileans live longer than they did 50 years ago.

What are the factors that have influenced having a longer life?

_____.

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