



ASIGNATURA	Ingles	NIVEL	Tercero medio PUNTEALTO
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.		Desarrollar la guía sobre salud y vida moderna, para esto necesitaras tu libro de ingles. Paginas a trabajar: 74 y 75	

GUIA N°7 classroom	FECHA: 19/10 al 30/10	NOMBRE DE LA GUIA	Reading: Brain Fitness
-------------------------------------	--	--	-------------------------------

Si no tienes los textos puedes descargar las páginas necesarias acá:

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

Si tienes dudas no dudes en comunicarte con tú profesor, y envía tus trabajos al correo:

Daniela Zamudio: Daniela.zamudio@colegiofernandodearagon.cl

3°A / 3°D / 3°F / 3°G

Jose Luis reyes: Jose.reyes@colegiofernandodearagon.cl

3°B / 3°C / 3°E



1- pre-reading: Answer questions **A – B** (page 74):



a- Have you ever Heard of the concept “**brain fitness**”? What do you think it means?

b- How are the images below related to the concept of “**brain fitness**”? Explain

2- Read the following text “Brain fitness” and answer questions **A – b – c – d** (page 74)

Brain fitness has basic principles: Variety and curiosity. Use these ideas to keep a healthy brain.

Play games:

Brain fitness programs and games are a wonderful way to challenge your brain. Sudoku, crosswords and electronic games can all improve your brain’s speed and memory. These games rely on logic, Word skills, math and more.

Meditation:

Daily meditation is, perhaps, the single greatest thing you can do for your mind and body health. Meditation not only relaxes you, it gives your brain a workout. By creating a different mental state, you engage your brain in a new and interesting

ways while increasing your brain fitness.

Eat for your brain:

Your brain needs you to eat healthy fats. Focus on fish oils from wild salmon, nuts such as walnuts, seeds such as flax seed and olive oil. Eat more of these foods and less saturated fats. Eliminate transfats completely from your diet.

Tell good stories:

Stories are a way to solidify memories, interpret events and share moments. Practice telling your stories, both new and old, so that they are interesting and fun. Some basic storytelling techniques will go a long way in keeping people's interest in what you have to say.

Turn off your televisión:

The average person watches more than 4 hours of television every day. Television can stand in the way of relationships. Life and more. Turn off your Tv and spend more time living and exercising your mind and body.

Exercise your body to exercise your brain:

Physical exercise is great brain exercise too. By moving your body, your brain has to learn a new muscle skills, estimate distance and practice balance. Choose a variety of exercises to challenge your brain.

Learn a new skill:

Learning a new skill works multiple areas of your brain. Your memory comes into play, you learn new movements and you associate things differently. Reading, Shakespeare, learning to cook, etcétera, will challenge your brain and give you something to think about.

Make simple changes:

We love our routines but, the more we do something, the less our brains have to work to do it. To really help your brain stay young, challenge it. Change routes to the grocery store, use your opposite hand to open doors and eat dessert first. All this will force your brain to wake up from habits and pay attention again.



A-How often is it necessary to meditate to increase your brain fitness?

B-Which kind of fat should you eliminate from your diet?

C-How many hours per day does the average person watch TV?

D-How can learning to cook, for example, improve your brain fitness?

3- What do these phrases from the audio track mean? Write your explanations(page 75)

A- Solidify memories:

B- Challenge your brain:

C- Help your brain stay Young:

4-Read the questions and give your opinión about it (page 75):

According to the CNTV, during 2017, an average Chilean spent 813 hours consuming TV. Taking this fact into consideration, what kind of initiatives would you promote to encourage people to turn off the TV?
