



Colegio Ciudad Educativa  
Educación parvularia, básica y media  
RBD 18028-9  
Camino a Las Mariposas N° 4109  
Fono: +56 9 961 920 32  
Chillán

### “Reading about sports”

<b>Profesor(a):</b>	<b>Arol Veloso</b>		
<b>Correo:</b>	<a href="mailto:aveloso@ccechillan.cl">aveloso@ccechillan.cl</a>		
<b>Instagram:</b>	<b>@teacher_arol</b>		
<b>Curso</b>	Iro Medio A Krishna Navarrete Joaquín Rodríguez  Iro Medio B Crishna Alarcón Ana Hernández Bárbara Malverde Benjamín Otárola Diego Rodríguez	<b>Fecha máxima de envío</b>	Lunes 10 de agosto
<b>Objetivo de aprendizaje:</b>	-Identificar información general de textos escritos asociados a enfermedades -Diferenciar el uso de should y shouldn't para recomendaciones de salud.		
<b>Instrucciones:</b>	<p>En las clases anteriores hemos estado estudiando vocabulario y expresiones relacionadas a salud y pronombres. En la clase de hoy tomaremos todo lo que aprendimos para poder leer textos en inglés sobre este tema de modo que puedas ver cómo progresas.</p> <p>Los textos que vamos a leer son de 4 enfermedades distintas. Para ello tendrás que:</p> <ol style="list-style-type: none"><li>1) La primera actividad es de reflexión se presentan los nombres de las 4 enfermedades en un diagrama para que escribas lo que conoces de esas enfermedades.</li><li>2) En la segunda actividad verás los 4 textos y ya comenzamos a leer. Con la información de los textos es importante que completes los diagramas que se encuentran bajo los textos.</li><li>3) Finalmente hay un cuadro bastante simple que debes completar con lo que hayas entendido de los modales SHOULD y SHOULDN'T.</li><li>5) Una vez terminado, enviar una fotografía del desarrollo de las actividades, ya sea al correo electrónico o por mensaje de Instagram.</li></ol>		



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### I.- What o you know about the following diseases?

I.- ¿Qué sabes acerca de las siguientes enfermedades?

Diabetes

Blood Pressure

Stress

Depression

### II.- Read the texts and complete the diagrams on next page with the information of the diseases.

II.- Lee los textos y completa los diagramas de la página siguiente con la información de las enfermedades.

#### Diabetes



Patients who suffer this condition can't control the level of sugar in their blood. This can be too high or too low.

Diabetes patients should drink lots of water, vary their diet and do exercise. These activities help to control their level of sugar.

Diabetes patients shouldn't eat candy (it contains too much sugar), eat much sugar, and watch too much TV. Sedentary lifestyles don't help to control the body systems.



#### Blood Pressure



Patients who suffer this condition can't control the level pressure of their blood. This can cause heart attacks and other effects.

Blood pressure patients should vary their diet, do exercise and drink water. This helps to eliminate salt and fat which increases their pressure.

Blood pressure patients shouldn't smoke, eat fast food, or watch too much TV. Sedentary lifestyles worsen their condition.



#### Stress



Patients who suffer this condition can't control the level pressure of their activities. They feel tense and exhausted all day.

Stress patients should sleep well at night, exercise and relax. Doing activities to relax them helps to control tensions.

Stress patients shouldn't stay awake at night, bully other people and use too much the phone. These activities separate stress patients from people and increase tensions.



#### Depression

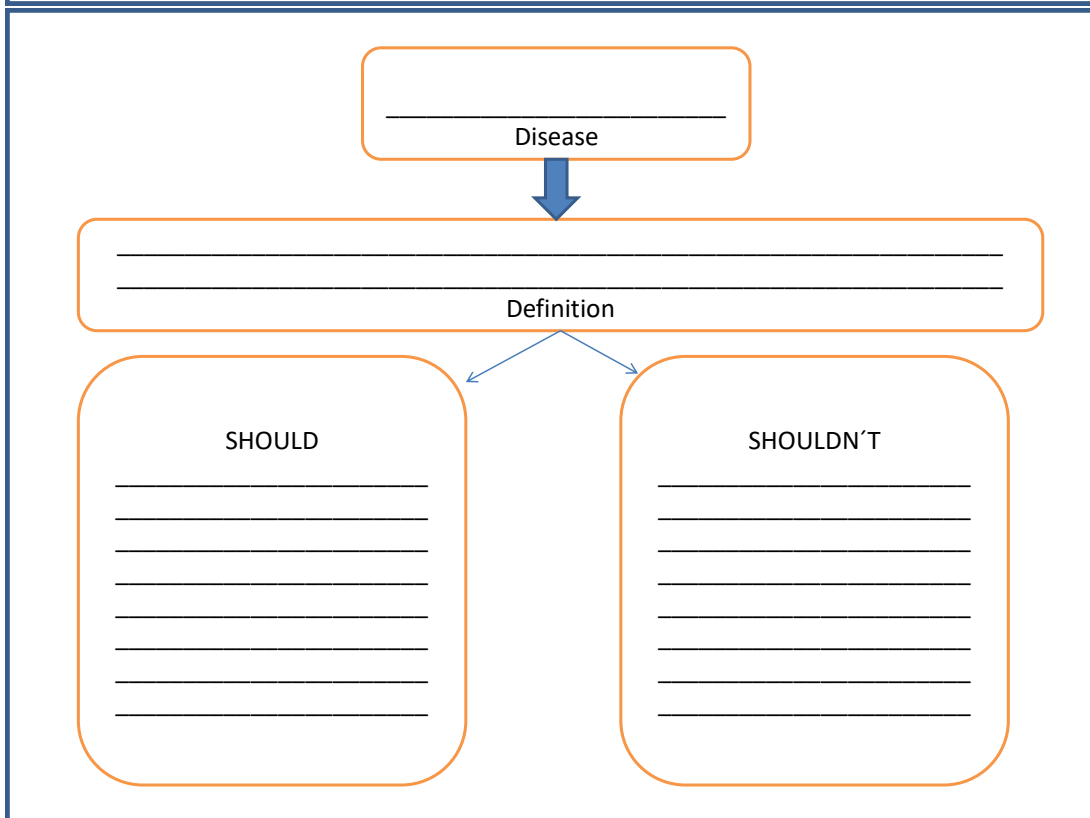
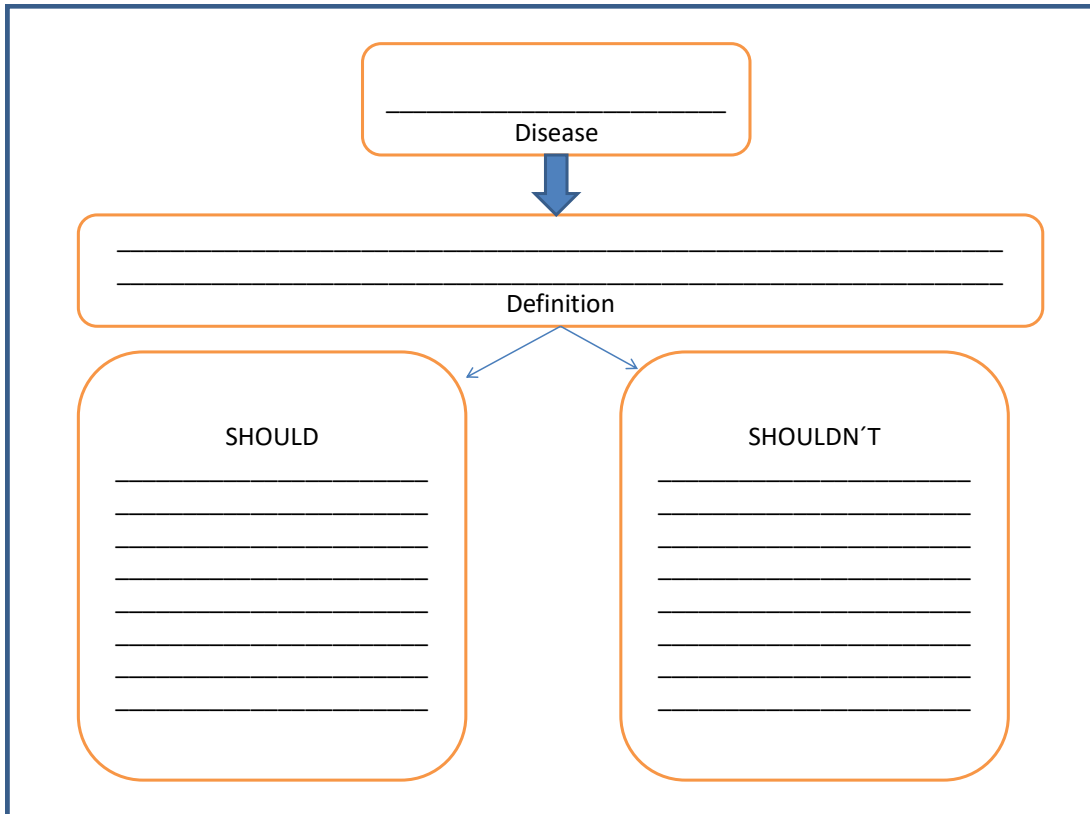


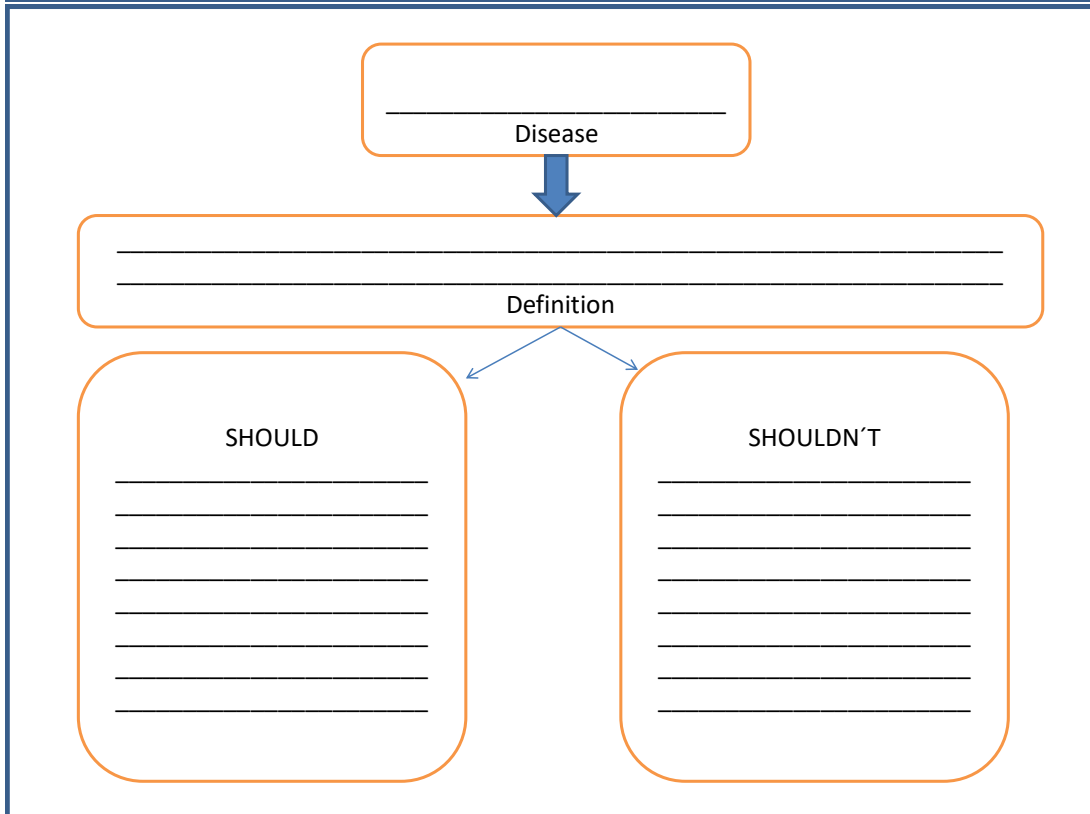
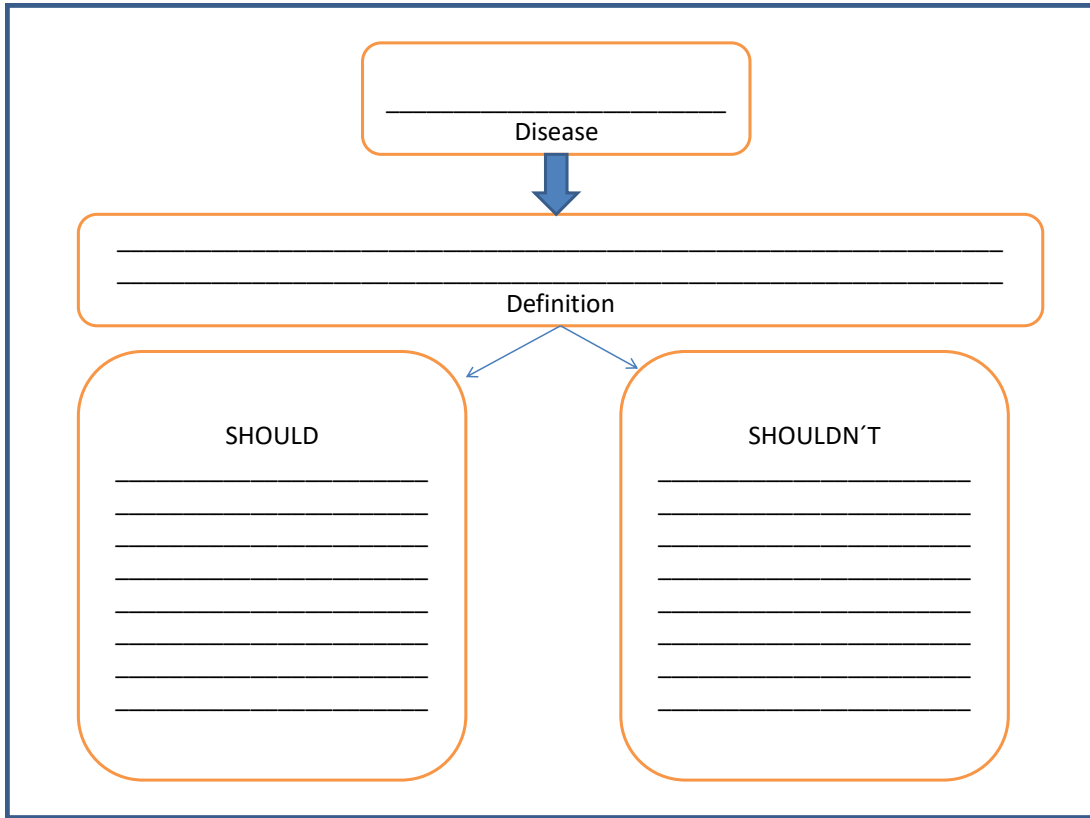
Patients who suffer this condition can't control their motivation. They tend to feel sad and lonely.

Depression patients should vary their diet, share with friends and learn things. Life objectives help us to prevent depressive ideas.

Depression patients shouldn't drink alcohol, eat fast food and be alone. Food is an important part when you fight with depression. A healthy diet is the key.







**III.- What do you think is the use of the words SHOULD and SHOULDN'T?**

III.- ¿Para qué crees que se usan las palabras SHOULD y SHOULDN'T?

SHOULD	SHOULDN'T