# UNIT 3

LESSON 4

Unidad 3: Health and Modern life

Objetivo: Aplicar y revisar contenidos previos relacionados a la salud y la vida moderna a través de actividades de comprensión lectora, asociación, y construcción con el propósito de construir un plan/programa de salud bajo el contexto de los estudiantes

Nota: Este objetivo está basado en los Objetivos de Aprendizaje priorizados del Programa de Estudio de 3° medio.

# Lesson 4 REVIEW

## ÚTILES

* Texto del estudiante de 3° medio.
* Diccionario de inglés.
* Lápices.
* Cuaderno de asignatura.

GUÍA PARA USAR EL SOLUCIONARIO

1. **¿Qué es un solucionario?**

* Un solucionario incluye las respuestas a todas las preguntas y actividades.
* Algunas de las preguntas tienen más de una posible respuesta.
* Algunas de las preguntas tienen una sola respuesta.

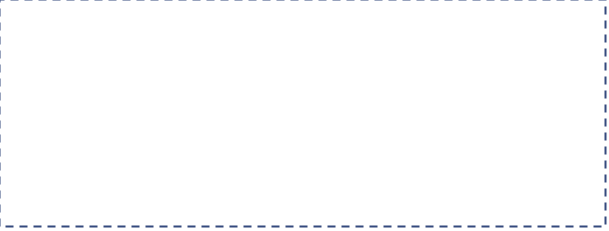
1. **¿Cómo revisar mis respuestas?**

* Encontrarás títulos en los encabezados de los ejercicios que dicen “**answers”** en respuestas cerradas, y en el caso de respuestas abiertas encontraras un encabezado indicando “**answers may vary”.**

1. **Las respuestas en ejercicios de verdadero falso, llenado de tablas, unión de letras y dibujos, etc. pueden estar en:**

* **Negrita**
* Subrayado
* Sombreado con colores de formato de guía (purpura, verde, naranjo)
* Encerradas en círculos
* Destacadas
* ~~Tachadas~~

1. **Ejemplos de respuestas se ilustran a continuación:**



I) What is the first thing you think of when you look at it? Why?

**Answers may vary.**

Example: Art, music, painting. Because there are different people doing these activities.

II) Find the words to complete the sentences using the picture clues. For extra help you can use the Pictionary at the end.

a. The artists used **materials** like rubber, plaster and styrofoam to make their art.

b. Pomaire pottery is mainly made of **clay**. Don´t forget to visit this magical village!

## SECTION 1: SETTING THE CONTEXT

Hello students! welcome back to lesson 4. In this lesson we will review the contents from this unit about health and modern life.

1. Let´s start by answering the following questions:
2. Do you recall the benefits of keeping a healthy lifestyle? Which one/s?

**Answers may vary**.

Yes, I do. Feeling good and strong; improve memory and have a better mood.

1. About dieting. What type of foods do help to keep your mind and body in good shape? Name five at least.

**Answers may vary**

Water, fruit, cereals, vegetables, grains.

c. How do you think practising Mindfulness would improve your mental health?

**Answers may vary**.

It would help to improve my concentration and mental clarity.

d. What do you do to keep your body in shape? Explain.

**Answers may vary**.

I drink a lot of water and try to avoid too much salt or high calorie snacks.

1. Read the following statements from lesson 3, and write **T (True) or F (False)**:

**Answers:**

a. \_F\_Drinking water and eating lots of sugar helps you boost your brain fitness.

b.\_T Generally, you might feel sore after the day you work out.

c.\_F To lose weight, you will probably have to give up all your favourite foods.

d.\_F You should avoid all fats if you are trying to be healthy or lose weight.

e.\_F\_Physical activity only counts if you do it for long periods of time.

1. Matching: read and match the words with the definitions.

**Answers:**

A B

|  |  |
| --- | --- |
| 1. Vegan | \_\_e\_\_ Someone who is obsessed with physical exercise. |
| 1. Mindfulness | \_\_d\_\_ Someone who takes little or no exercise and watches a lot of television. |
| 1. Vegetarianism | \_\_a\_\_ Someone who does not eat or use animal products. |
| 1. Coach potato | \_ c\_ Someone who does not eat meat or fish, and sometimes other animal products, especially for moral, religious, or health reasons. |
| 1. Fitness freak | \_\_b\_ It is the quality or state of being conscious or aware of something. |

## SECTION 2: LET´S PRACTICE

1. Did you know that Chile is one of the countries with the most increasing level of morbid obesity in children and teenagers? Think about this and answer the following questions:
2. Why do you think the rate of morbid obesity in Chilean children and teenagers is so high?

**Answers may vary**.

I think it is because children only like eating snacks and spend too much time watching TV and almost never do exercise

.

1. What kind of problems do you think morbid obesity cause to children and teenagers?

**Answers may vary**.

I think it can cause Diabetes, Hypertension and strokes.

1. Do you know any way of helping people who do not have a healthy lifestyle?

**Answers may vary**.

Yes, I do. There are a couple of medical treatments they could do.

1. What could YOU do to help them?

**Answers may vary**.

I could tell them about the risks of not having a healthy lifestyle like illnesses or possible heart attacks.

Do you think mindfulness and low stress levels help avoiding child and teenage obesity?

**Answers may vary**.

Yes, I do. They can help to lower anxiety and balance what kids eat daily

5. Read the following information about a program designed to help teenagers to maintain a healthy lifestyle, and answer the questions:

|  |  |
| --- | --- |
| Insertando imagen... | Do you get tired easily and think you need more energy? Do you think your food style is not the right one for you? Do you need motivation to exercise and do physical activity? If all your answers were “yes”, then we want you to be part of our lifestyle changing program! “**Teenagers on top**” is a non-profit organization dedicated to help teenagers who are looking for a change in their lifestyle, and who would like to try new and natural diets, exercise with other people, and receive support from professionals in the field. Our program is divided into **12 weeks**, full of **healthy eating, mindfulness activities and physical activity advice**, including weekly challenges. |
| **Weekly challenges**  Each week contains a food and activity chart to help you record your calories, exercise and weight loss so you can see how well you're doing at a glance. In this plan, food with fibre and proteins are indicated for information, as well as suggestions for eating out: | |
| **Exercise programmes**  In addition to a healthier diet, regular physical activity is an important part of our program. We have **professional mentors** who will help you with a **routine of exercises** to keep you active, and who will record your activity and progress. These routines will also include **yoga, meditation, and sleeping tips** to help you with your mental and emotional help.  **Psychological help**  Because we want this to be sustainable, we will provide **psychological help** if you ever need someone to talk to, or if you ever need more motivation. Changing a lifestyle and loving yourself is not easy, which is why we will support you during the entire program, and even after you’ve finished. Don’t be afraid, we’re one team!  Contact us!  Adapted from:  <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/> | |

* 1. Why do you think the weight loss plan is complemented with an exercise programme?

**Answers may vary**.

Because both are complementary.

* 1. What do you think about the suggestions for eating out?

**Answers may vary**.

They are great because they inform about aspects we don’t usually think abou

* 1. How long does the plan last?

12 weeks

* 1. What are the key features of this plan?

healthy eating, mindfulness activities and physical activity advice

* 1. What type of help do members receive?

Mindfulness activities and physical activity advice

* 1. What type of physical activities are included?

Yoga and meditation

* 1. What type of psychological help is included?

**Answers may vary**.

Talks and support in groups

* 1. Why do you think it’s important to have psychological help in this program?

**Answers may vary**.

Because losing weight can be a challenge for people

# SECTION 3: LET´S CONSTRUCT AND APPLY YOUR KNOWLEDGE

This week project will support the **design** and future **implementation** of **a health program for your classmates in your school community**. More importantly, you need to address the TWO dimensions of health we have reviewed so far, by including your **mind** and **body**. For this complete this diagram:

**Answers:**

|  |  |
| --- | --- |
| **Design** | |
| Duration in Weeks: | 4 |
| Target audience: | Elementary and secondary students. |
| Food suggested with proteins  (example, legumes, beef) | Dairy products, fish, water and fruit juice, salads and grains. |
| Food suggested with fibre  (example, apple, oatmeal) | Nuts, seeds, peas, beans, wholegrain bread and oats. |
| Tips for phycological help  (example, group conversations, and games) | Practicing yoga, deep breath a couple of times, organizing time effectively. |
| Suggestions for eating out: | Looking for vegetarian or vegan restaurants, have enough time to eat quietly. |
| What is included in the plan?  (example, an organizational chart, conversations with doctors, emotional support) | A timetable helps and support of doctors/nutritionists. |

|  |  |
| --- | --- |
| **Future implementation features to consider** | |
| Actions for supporting mindfulness | E.g. Exercise twice a week including Yoga in a park  -Provide an appropriate place for practicing yoga or natural therapies. |
| Actions for supporting physical well-being | E.g. Drinking plenty of water and walking at least 30 minutes a day.  -Go to the doctor/dentist at least twice a year. |

(Source: Original activity)

EXTRA ACTIVITY:

How would you advertise the implementation of the health program you made up on the previous section? What about creating a social media post to be shared among your community? Do not forget to include the main aspects of the program and telling the reasons why you consider participating would directly benefit the community.

**Answers may vary**.

Hey friends! If you’re feeling down and need a change in your life, I created a program that can help you feel better. It is a program of 4 weeks that includes a diet rich in fibre and proteins so you can feel healthy and strong. Also, you will receive psychological help for your mind, and support from doctors to keep track of your diet and weight. I promise it will make you feel different, and you will meet amazing people and friends to share your goal with! Join us! Look for us in facebook and instagram!