



Módulo de autoaprendizaje N°11
Tema: "Healthy Physical Habits"

Objetivo	Identificar y leer textos escritos para desarrollar la comprensión lectora.
Nombre	
Instrucciones	Lea el siguiente texto sobre los hábitos estadounidenses poco saludables de los niños de Meliha y la visita a un médico y responda las preguntas y ejercicios relacionados con el texto. Luego, responda la siguiente declaración eligiendo Sí o No para cada declaración. Además, debe leer el siguiente texto sobre cómo mantenerse saludable con alimentos y elija el título correcto para cada párrafo. Finalmente, lea estas oraciones y decida si son verdaderas o falsas.

"Unhealthy America Habits"



"Meliha and her children live in St. Paul. She is from Somalia. She came to the U.S. five years ago. Many things are different in America. American food is very different from Somali food. You can buy junk food with fat, sugar, and oil. Americans don't walk as much as people in Somalia. You can drive a car or take the bus. Meliha sees many overweight people in America.

Meliha's children like junk food. They like to eat hamburgers and French fries. She does too. She notices that she gains weight in

America. Her children like to watch T.V. They do not go outside to play. Meliha doesn't walk very much because she has a car.

Meliha goes to the doctor. The doctor says she has to eat more fruits and vegetables. He says that too much junk food like chips, fries, and sugar is bad for her health. He tells her that she needs to get more exercise. He says that too much fat and not enough exercise is bad for her. It is bad for her children, too. Meliha doesn't know if the doctor is right or wrong."

I.- Answer the next statement by choosing **Yes** or **No** for each statement. (Responda la siguiente declaración eligiendo Sí o No para cada declaración.)

- a) Meliha has children. Yes / No
- b) Meliha is from Ethiopia. Yes / No
- c) American food is the same as Somali food. Yes / No
- d) People walk more in Somalia. Yes / No
- e) Some people in America are overweight. Yes / No
- f) Her children like French fries. Yes / No
- g) Meliha loses weight in America Yes / No
- h) Meliha likes to watch T.V. Yes / No
- i) Meliha drives a car. Yes / No
- j) Meliha goes to the doctor. Yes / No



II. Read the next text about How to stay healthy with food and choose the correct title for each paragraph. (Lea el siguiente texto sobre Cómo mantenerse saludable con alimentos y elija el título correcto para cada párrafo.)

- a) Cut down on Salt – b) Dangers of saturated fat – c) five-a-day –
 d) Drink a lot of water – e) Cut down on Sugar.

HOW TO STAY HEALTHY WITH FOOD.	
<p>1. _____</p> <p>People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.</p> <p>2. _____</p> <p>Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So, you could easily be eating too much salt without realizing it.</p>	<p>3. _____</p> <p>Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.</p> <p>4. _____</p> <p>Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream</p> <p>5. _____</p> <p>We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.</p>

Answer key

I.- Answer the next statement by choosing **Yes** or **No** for each statement.

- | | |
|--|-----------------|
| a) Meliha has children. | Yes / No |
| b) Meliha is from Ethiopia. | Yes / No |
| c) American food is the same as Somali food. | Yes / No |
| d) People walk more in Somalia. | Yes / No |
| e) Some people in America are overweight. | Yes / No |
| f) Her children like French fries. | Yes / No |
| g) Meliha loses weight in America | Yes / No |
| h) Meliha likes to watch T.V. | Yes / No |
| i) Meliha drives a car. | Yes / No |
| j) Meliha goes to the doctor. | Yes / No |

II. Read the next text about How to stay healthy with food and choose the correct title for each paragraph.



- a) Cut down on Salt – b) Dangers of saturated fat – c) five-a-day –
 d) Drink a lot of water – e) Cut down on Sugar.

HOW TO STAY HEALTHY WITH FOOD.	
<p>1. C)</p> <p>People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.</p> <p>2. A)</p> <p>Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So, you could easily be eating too much salt without realizing it.</p>	<p>3. B)</p> <p>Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.</p> <p>4. E)</p> <p>Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream</p> <p>5. D)</p> <p>We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.</p>

Autoevaluación

Una vez ya realizadas las actividades, autoevalúa tus aprendizajes completando la siguiente pauta que permitirá saber qué tan bien lo hiciste:

Indicador	Logrado	No Logrado
Comprende el texto acerca de los hábitos saludables.		
Identifica textos acerca de los hábitos saludables correctamente.		
Comprobé mis respuestas con el solucionario, y en caso de haber errores los corregí.		

good luck