



TALLER DE: PROFUNDIZACIÓN	ASIGNATURA: INGLÉS	DOCENTE: GUILLERMO ELIESER CHAVERRA GAMBOA
GRADO: 8° 1,2,3,4	PERÍODO: 1 - SEMANA: 9 – FECHA: 19/03/2020	TEMA: LET'S GET BALANCED

INDICADOR DE DESEMPEÑO:

Lograr que los alumnos aprendan a tener hábitos saludables con las comidas

OBJETIVO DE CLASE:

Copiar y traducir el tema al español en su cuaderno.

Realizar las actividades propuestas en el tema.

TEMAS	ACTIVIDADES A DESARROLLAR
1. How it all started.	1. Copiar el tema en el cuaderno
2. Losing control	2. Traducir el tema usando el diccionario
3. New experiences	3. Realizar las actividades propuestas en el tema.

CRITERIOS DE EVALUACIÓN	Presentar el cuaderno al profesor y sustentar sus respuestas
PRODUCTO O EVIDENCIA DE APRENDIZAJE	El estudiante debe presentar el Taller desarrollado...

REFERENCIAS:

Mineducación, Way To Go! Work book. 8° grade



1. Read Viviana's story about her eating disorder

LET'S GET BALANCED

HOW IT ALL STARTED.

I remember my first diet; I was 12 years old. I wasn't obese, but I thought I was. I wanted to be like the thin celebrities in the magazine. In one week I lost 3 kilograms, but my parents got angry, so I started to eat again. This made me feel really guilty.

That's how it began. I was on and off a diet all the time. When I wasn't dieting I felt guilty because I would binge-eat. But, soon I found the answer: vomiting! In front of family and friends I would eat so much food that it was uncomfortable, then I would quietly go to the toilet and vomit.

LOSING CONTROL.

At first I felt happy. "I have found the answer!" I thought. No one suspected that I was dieting. But soon it was out of control. I started to feel very lonely and I became more and more unsociable. The depression was confusing. To feel better I started to binge-eating, vomiting, feeling guilty and then depressed, over again.

NEW EXPERIENCES.

This was my life for nearly 15 years. When I was 27 I took the first step towards recovery. I attended a course that talked about the psychological and physical effects of dieting. It felt like the course was designed for me! The idea of not dieting was really scary. I always thought, "if I don't diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese" The course helped me understand that this isn't correct. So, I found a therapist who helped me work on myself – esteem. I learned to be nicer to myself and discovered that binge-eating allowed me to avoid confronting uncomfortable emotions. I also attended group therapy which was wonderful. It was really helpful to talk with other people who had similar experiences to mine.

STEPS TO RECOVERY.

Today I love eating, and I don't feel guilty. I enjoy the flavours and social interaction of eating in restaurants and cooking for friends and family.

I am lucky to have recovered from this disease. It wouldn't have been possible without the help and support that I received from family, friends and the therapists.

GLOSSARY

COPIAR Y TRADUCIR EL GLOSARIO

Guilty.

You have done.



Something.

Wrong.

Lonely: feeling.

Sad from not.

Being with.

Other people. Self-esteem.

Feeling of.

Respect for

Yourself

2. CHOOSE THE CORRECT OPTION.

a.

<p>1. If you binge-eat, you _____</p> <p>a. Eat a little</p> <p>b. Eat a lot</p> <p>c. Can't eat much</p> <p>d. Vomit after eating</p> <p>2. People who have anorexia _____</p> <p>a. Vomit after eating</p> <p>b. Binge- eat</p> <p>c. Are obese</p> <p>d. Avoid eating</p> <p>3. If someone 'often' gets stomach aches they have them _____</p> <p>a. 10% of the time</p> <p>b. 50% of the time</p> <p>c. 70% of the time</p> <p>d. 90% of the time</p> <p>4. Have you ever had a toothache? No, I _____</p> <p>a. Have</p>	<p>6. If you don't drink enough water, _____</p> <p>a. You might get a headache</p> <p>b. You won't get a headache</p> <p>c. You will get a toothache</p> <p>d. You won't get a toothache.</p> <p>7. If you don't want to get a virus, you should _____</p> <p>a. Brush your teeth regularly</p> <p>b. Brush your hair regularly</p> <p>c. Wash your hands regularly</p> <p>d. Have a shower regularly</p> <p>8. Have you ever _____ a home remedy for the flu?</p> <p>a. Take</p> <p>b. Took</p> <p>c. Takes</p> <p>d. Taken</p>
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- b. Has
- c. Hasn't
- d. Haven't
- 5. If you _____ healthy food, you _____ sick
 - a. Will get / don't eat
 - b. Don't eat / will get
 - c. Will eat / don't get
 - d. Don't get / will eat

- 9. Obesity is the same as _____
 - a. Overweight
 - b. Anorexia
 - c. Binge-eating
 - d. Bulimia
- 10. If people eat healthy food and drink water _____
 - a. They will become obese
 - b. They won't have many health problems
 - c. They will get many viruses
 - d. They won't be happy.