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**Asignatura:** Inglés

**Curso:** Séptimo Básico

**Semana 15 y 16:** (06 al 17 de julio)

**Guía de Actividades.**

Nombre:	
Curso:	Fecha :
<b>Objetivo de la clase:</b> Demostrar comprensión lectora a través de la identificación del contenido de un texto informativo relacionado con problemas de alimentación y salud. Reescribir un texto sobre los hábitos alimenticios no saludables por alimentos saludables.	

**Instrucciones:** Necesitas el texto del estudiante (Student´s Book) y el libro de actividades (Activity Book) para desarrollar las actividades.

**Reading Task: An Article**

**Comprension Lectora (esta actividad la encuentras en el Student´s Book pág. 43)**

1. Read the article below and write the correct title. Lea el artículo a continuación y escribe el título correcto.

Sedentary Lifestyle

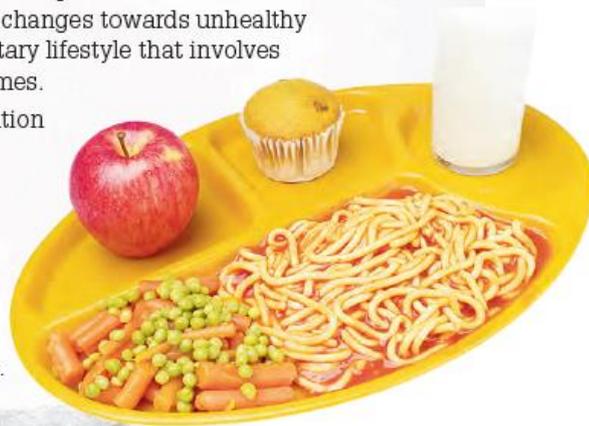
Obesity in Latin America

Junk Food in Mexico

Obese Teenagers

Obesity in Latin America is an increasing problem. More and more children and teens are becoming overweight or obese. There are many possible causes for this problem. These include an increase in urban living, dietary changes towards unhealthy US-style snacks, and a more sedentary lifestyle that involves watching TV and playing video games. In Mexico, Congress passed legislation in 2010 in order to decrease the amount of junk food schools sell to children. Specialists also suggest that schools should provide students with at least thirty minutes of exercise per day.

Source: Archivo editorial.



2. **Say if these sentences are True or False.** Di si estas oraciones son verdaderas o falsas.

a. One reason for obesity in children is the amount of junk food they eat.

b. Another reason is living in cities.

c. Watching TV and playing video games are examples of an inactive lifestyle.

d. The Mexican government wants to increase the sale of junk food in schools.

e. The article suggests that students should do more exercise at school.

**Writing Task:**

**Expresión escrita (esta actividad la encuentras en el Activity Book pág. 20)**

**3. Read about Lisa's eating habits. Then, make some changes to make them healthy.** Lea sobre los hábitos alimenticios de Lisa. Luego, haga algunos cambios para hacerlos sanos.

Puedes ayudarte con los alimentos que aparecen en la Pirámide Alimenticia en La pág. 45 en el Student's book

Hello, I'm Lisa! This is my food routine: for breakfast I usually drink milk and eat a chocolate muffin or a piece of brownie. Then, for lunch, I eat a sandwich with ham and cheese, and soda or pineapple juice with sugar, of course. For dinner, I usually have something quick, like cookies or bread and butter, oh, and a glass of soda, for sure! I don't have much time to cook, but I guess I could eat healthier, what do you think?



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