

#ESTUDOEMCASA

AULA N.º 5

DISCIPLINA Inglês

ANO(s) 9

 ÁREA(S) DE CONHECIMENTO
 APRENDIZAGENS ESSENCIAIS/PERFIL DOS ALUNOS

Área temática/ situacional - Hábitos e estilos de vida

Competência comunicativa:
Compreensão escrita: Ler e compreender textos factuais sobre assuntos de interesse pessoal ou cultural.

Compreensão oral: Compreender, com facilidade, discursos produzidos de forma clara; seguir conversas do dia a dia; acompanhar uma apresentação breve sobre temas estudados;

Produção oral: Produzir textos orais, previamente preparados, com pronúncia e entoação adequados; fazer pequenas apresentações sobre temas do seu interesse; produzir, de forma simples e linear, discursos de cunho pessoal.

How to stay healthy through life... *Healthy lifestyles*

1. Read the text and answer the questions according to the information in it.

9.º ano(s)

A generation of couch potatoes

Lots of teenagers have posters of their sports hero on their bedroom wall. But do they follow the healthy examples set by these athletes? British parents are worried that young people are not as fit and healthy as in the past. Why is this? According to the British Heart Foundation, 13 to 15 year olds are spending too much time doing sedentary activities such as watching TV or playing computer games. A special report describes a generation of couch potatoes, young people sitting around at home, growing up in their bedrooms, travelling by car and in serious danger of heart disease as they get older. Is this their fault? Are young people lazy? Many parents don't allow their children to play outside or walk to school by themselves. "I ring my Dad on my mobile and he picks me up from the station. It's 10 minutes' walk from home but he thinks it is dangerous," says 14 year old Carrie. Some teenagers blame their overprotective parents for making them unfit. It is certainly becoming more difficult to encourage young people to have an active life and protect their hearts. In recent years schools have spent less time on sports. "My Mum did lots of hockey and netball at school but we didn't have time for that this year because we had so many exams to prepare," says Ben, 16.

a. What kind of posters do teenagers have on their bedroom walls?

b. Do teens usually follow the examples of their sport heroes?

c. Why are British parents worried?

d. What type of activities, mentioned in the text, are considered sedentary?

e. Why are British teenagers referred as the generation of couch potatoes?

f. Do all parents let their kids play outside?

g. Why doesn't Ben practise more sport?

2. Match the words with their meaning.

9.º ano(s)

- | | |
|-------------------|---|
| 1. health fitness | a) easy physical activity after you workout |
| 2. overload | b) ability to move your body easily |
| 3. flexibility | c) having your body in top condition |
| 4. workout | d) working your body harder than normal |
| 5. cool down | e) how hard you work during physical activity |
| 6. intensity | f) working your muscles in various ways to keep fit |

3. Complete the table with the healthy and the unhealthy habits that you already know.

9.º ano(s)

Healthy habits	Unhealthy habits

4. Imagine a small dialogue between you and your best friend.

9.º ano(s)

You are really fit and healthy, but your friend needs some advice.

Use expressions like these.

You should / shouldn't

You'd better ...

It might be a good idea to ...

I think you should change some unhealthy habits, such as...

Fontes:

New Wave Revolution, Porto Editora

British Council