

#ESTUDOEMCASA

AULA N.º 6

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 textos, de alguma complexidade, escritos em linguagem clara e corrente; compreender textos factuais sobre assuntos de interesse pessoal ou cultural; seguir o essencial em textos argumentativos breves sobre temas culturais e sociais.

Competência intercultural: identificar e emitir opinião sobre transformações do modo de estar e de viver.

Competência estratégica: desenvolver a literacia em língua inglesa lendo textos diversificados; desenvolver o aprender a aprender em contexto e aprender a regular o processo de aprendizagem.

Healthy lifestyles

1. Read the text:

9.º ano(s)

Going to Sleep

Sleep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat. Let's say you go to sleep 12 hours later than you usually do. It will take your body about three weeks to return to normal. We spend about one-third (1/3) of our lives in sleep. That's about 121 days a year! 1, 2 Sleep!

How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an average of 10 to 12 hours of sleep. A teenager needs 9 to 10 hours of sleep. An adult needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 hours of sleep. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older. Most people have some nights when they cannot sleep. About one in three Americans has a problem with sleep. Many of these people cannot fall asleep or stay asleep. The name of this problem is insomnia. The word insomnia means "no sleep." Some people say, "I didn't sleep all night." They may sleep lightly and wake up several times. In the morning, they only remember the times they were awake, so they think they were awake all night. This is not a new problem. Many famous people in history had insomnia. Some of these people had special ideas to make them sleep. Benjamin Franklin, the famous statesman and inventor, had four beds. He moved from one to the other to fall asleep. King Louis XIV of France had 413 beds and hoped

to fall asleep in one of them. Mark Twain, the famous American writer, had a different way. He lay on his side across the end of the bed.

2. Choose the correct answer. Then use the answer in a complete sentence.

9.º ano(s)

Look at the example:

Which of the following is a good thing to do to fall asleep?

- a. going shopping b. reading a difficult book c. cooking**

Example: Reading a difficult book is a good thing to do to fall asleep.

a. Which of the following is a teenager?

- a. a boy of 16 b. a girl of 11 c. a person of 21**

b. Which of the following was an inventor?

- a. Mahatma Gandhi b. Thomas Edison c. William Shakespeare**

c. What is the average of 11, 16, and 18?

- a. 16 b. 45 c. 15.**

d. At what age are you an adult?

- a. 14 b. 21 c. 12**

3. Ask the following questions to your family members; note down their answers. Then, write a paragraph about your family sleeping habits.

a. What happens when you don't get enough sleep?

b. How can one person's insomnia affect other people?

c. Let's say you need only three hours of sleep. What do you do with all the extra time?

9.º ano(s)