

Unit 3, introduction: Health and modern Life



Objectives of the unit:

Listen to texts about health and modern life, to identify information about events that started in the past and are still in progress

Read texts about the topic of the unit to identify vocabulary and expressions related to health and modern life.

Produce written content in the form of simple sentences to narrate and describe about health and modern life.

1. Answer these questions about the new unit:

- a. Can you define modern life?
- b. What are some advantages and disadvantages of modern life for our health?
- c. What does the phrase "we are slaves to technology" mean?

2. Listen to the audio (track 28) and answer:

- a. What kind of audio is this?
 - i. A news report.
 - ii. A conference of an expert.
- b. What is the purpose of the speaker? Why?
 - i. To convince with facts about an important topic

- ii. to persuade through emotions about the changes we must make.

UNIT 3, LESSON 1: LIVING LONGER AND BETTER

Instructions:

1. Complete this lesson in digital, in your copybook or print the worksheet.
2. Once you finish, go to classroom and complete the self-evaluation of the lesson.
3. Upload evidence of your work to classroom.

Any doubt, you can write to my email at Nicolas.puga@colegiostmf.cl

1. Read the “Centenarians’ top secrets to longevity” and answer the questions:

Centenarians’ top secrets to longevity

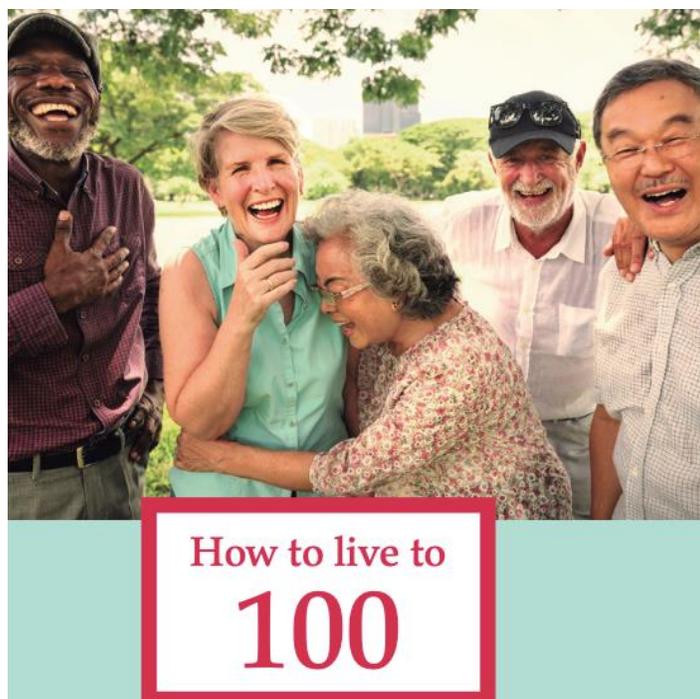
Age	Name	Location	Longevity secrets
127	Leandra Becerra	Mexico	Chocolate, sleeping a lot.
122	Jeanne Calment	France	Olive oil, chocolate, a glass of wine a day.
119	Sarah Knauss	USA	No stress, not worrying about age, praying.
117	Emma Morano	Italy	3 eggs a day, being single.
116	Misao Okawa	Japan	Sushi, ramen noodles, sleeping 8 hours a day, relaxing.

Taken and adapted from: <https://www.aplaceformom.com/blog/senior-information/how-to-live-to-100/>

- a. Does having a healthy diet could help you live longer and better?
- b. How can faith help people live longer?
- c. How relevant do you think sleeping well is to have a good and long life?
- d. How are attitude and relationships related to health? Explain.
- e. Which of the “secrets” presented are the most important for you? Support your answer.

2. Read the text “HOW TO LIVE TO 100” to answer the questions and discuss with the class.

- Strategy in mind: identifying kew words



Paragraph 1

Worldwide, **life expectancy** is higher than ever before. In fact, a United Nations report shows that 20% of the population will be aged 65 years and older by 2050 — a figure which is likely to continue rising.

Paragraph 2

Although eating healthily has a strong showing in second place, even more centenarians attributed their long **lifespans** to less conventional advice involving daily treats such as chocolate, bacon or sugary drinks.

Paragraph 3

Elizabeth Sullivan, 104, sums up this paradox perfectly in a conversation with her doctor:

“I saw the doctor and he said, ‘Are you careful about what you eat?’ and I said, ‘Certainly not, I have been drinking three sodas a day for a long time’, and he said, ‘Oh my goodness, that’s too much sugar. You will die if you keep drinking that,’” she recounted. “But 10 years later he died and I had to change doctors. So I’m still drinking three sodas a day and people said that’s bad for me but you know, not very many people live to be 104. So I guess the sugar in the sodas has kept me alive all this time.”

Paragraph 4

Somewhat controversially, more centenarians recommended a daily drink than **abstaining from** drinking alcohol entirely — seemingly claiming that a little bit of the bad stuff might do us some good after all.

Paragraph 5

Other **popular advice** included staying active, keeping a positive attitude, and maintaining relationships with family and friends. Similarly, getting enough sleep, being nice to others, and having religious faith were also acknowledged as important parts of living well into old age.

Paragraph 6

Judging from the advice collated, striking a happy balance seems to be key to a long and healthy life. None of the centenarians featured in the research recommended **crash diets** or complete lifestyle renovations. Instead, their tips were tailored to their own lifestyles and practiced consistently. Most of them have been indulging in a daily glass of wine, eating plenty of vegetables, or simply keeping a loving network of family and friends.

a. Smart Reading:

- I. How does the word relate to the main idea of the text?
- II. What words can be replaced by other with similar meaning but with a stronger effect?

b. Analysis of the text: which paragraph mentions...

- I. Popular pieces of advice? _____
- II. A less conventional advice? _____
- III. That life expectancy is higher than before? _____
- IV. Features that centenarians do not carry out? _____
- V. A controversial recommendation? _____
- VI. A paradox about healthy eating? _____

c. According to data, having a healthy diet proved to be one of the most important factors to live longer. What do you think would be a healthy diet?

Think critically

Make text-to-world connections

- Japanese and Mediterranean diets are said to prolong life. What could be the reason for this?
- How much do you think these diets differ from ours?

Make text-to-self connections

- Nowadays, Chileans live longer than they did 50 years ago. What are the factors that have influenced having a longer life? Discuss.

3. Grammar in-a-nutshell: Present Perfect Continuous

Read the examples below: What do they have in common?

I've been avoiding processed food for years

Sally has been reading a pretty good book about how to keep a healthy mind.

Has your brother been talking about going vegan again?

PPC is used for actions and situations that started in the past and are still in progress or have happened repeatedly up until the present.

It is used with since and for. What is the difference? _____

- My son has been suffering from anxiety **since** he applied for that job
- She hasn't been smoking **for** over a year now.

Practice:

- a. My parents have been going to the gym **for / since** three months or so.
- b. They have been working in front of blue light screens **for / since** 2010.

Well done!