

# **ACADEMIA DE INGLÉS**

## **ACTIVIDADES SEGUNDO GRADO**

### **“TERCER TRIMESTRE”**

Nombre del alumno: \_\_\_\_\_

Grado y grupo: \_\_\_\_\_

Fecha de entrega: \_\_\_\_\_

#### **ACTIVIDADES CON PROYECTOS**


El alumno realizará las siguientes actividades, si se encuentra a distancia, se realizan en inglés cuando corresponda o en español cuando se le pide la traducción, recordando siempre que en el tercer trimestre ya no hay recuperación.

### **VIDA SALUDABLE**

**CONTENIDO** Mensajes en inglés en medios de comunicación masiva, que promuevan una vida saludable.

**PDA** Investiga en diversas fuentes en inglés sobre una vida saludable, para construir un texto informativo y difundirlo a través de medios de comunicación.

## Ejercicio 1 Traduce la siguiente reseña



Dulce Estefanía Mata Medina, TAMAULIPOS

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Maestro frente a grupo  
General Lázaro Cárdenas del Río  
ESTADO DE MÉXICO

# Overweight and Obesity

When you eat too much, fat accumulates in different parts of the body. This is called *overweight* and *obesity*. These conditions are caused by different factors; the most common are lack of physical activity and eating more calories than your body needs. Overweight and obesity can be present at any age and cause various diseases over time.

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Ejercicio 2 De acuerdo a la reseña anterior contesta las siguientes preguntas

answer and discuss the following questions.  
When you finish, write the community's ideas  
in your notebook.

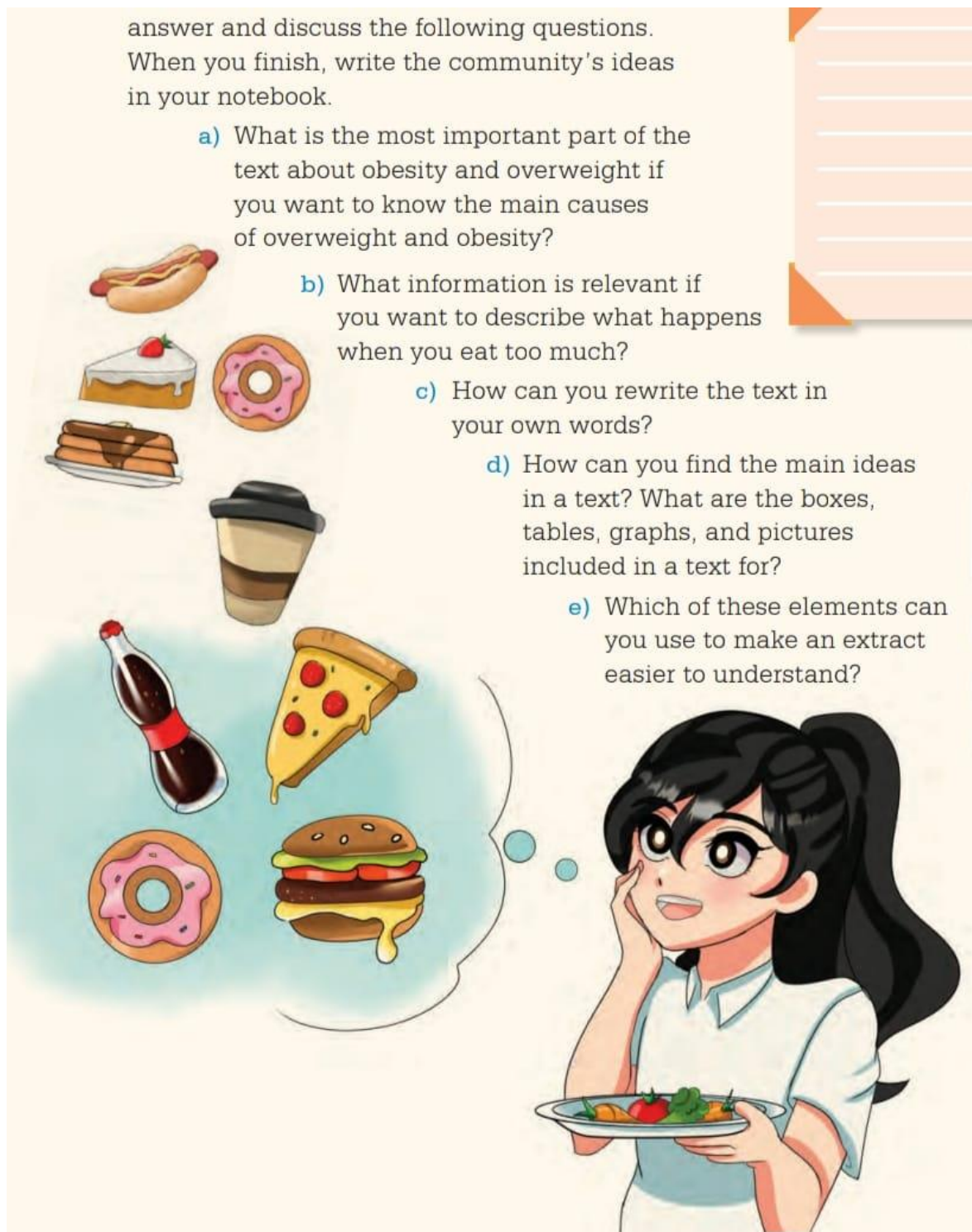
a) What is the most important part of the text about obesity and overweight if you want to know the main causes of overweight and obesity?

b) What information is relevant if you want to describe what happens when you eat too much?

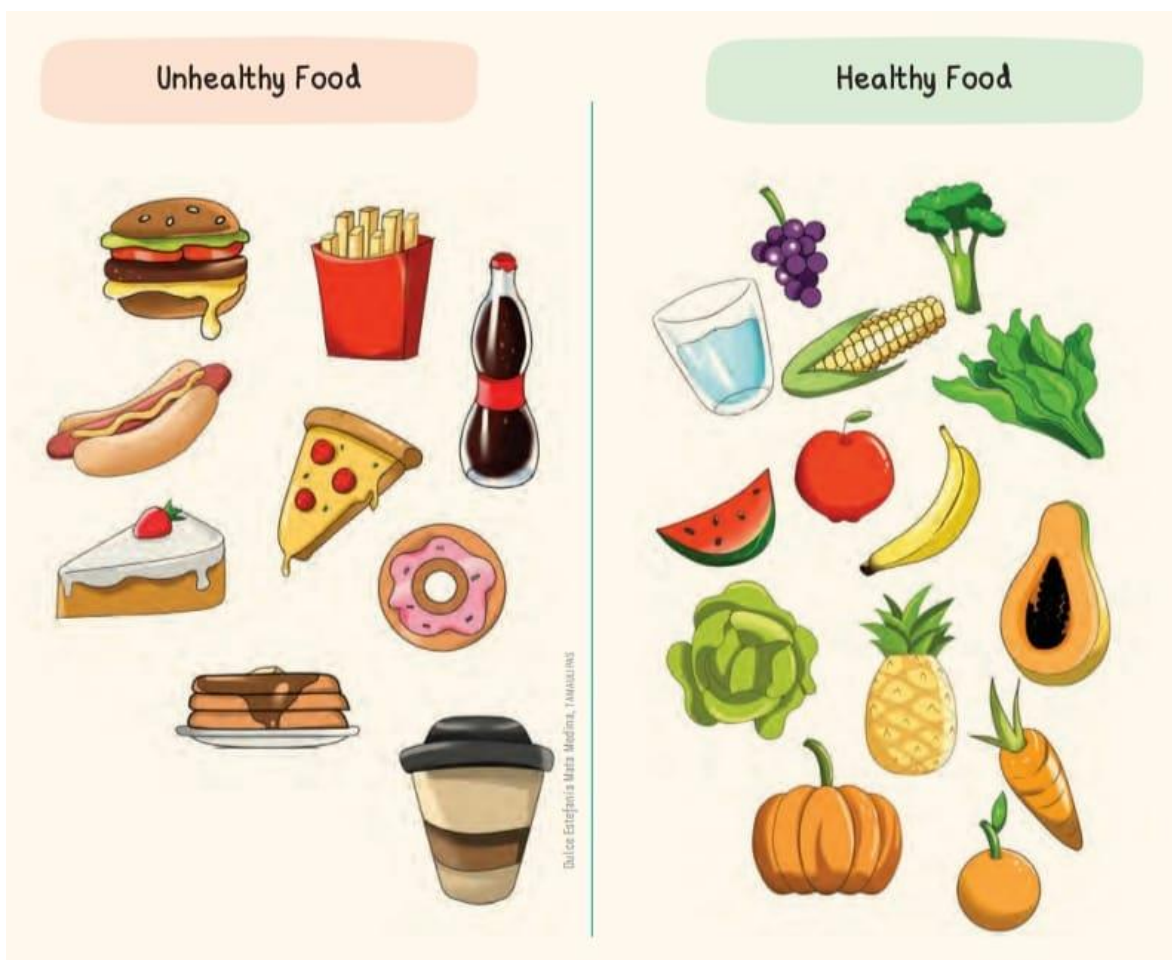
c) How can you rewrite the text in your own words?

d) How can you find the main ideas in a text? What are the boxes, tables, graphs, and pictures included in a text for?

e) Which of these elements can you use to make an extract easier to understand?



Ejercicio 3 Escribe el nombre de cada producto de la siguiente imagen en inglés.



Ejercicio 4 Contesta la siguiente pregunta en inglés

Think about how much unhealthy and healthy food you eat and write your opinion about your eating habits.

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Ejercicio 5 Contesta la siguiente pregunta en inglés

1. Discuss the negative effects of eating food that is high in fat, sugar, sodium, or calories, and write the conclusions you reached as a community.

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Ejercicio 6 Resuelve el siguiente ejercicio uniendo las dos columnas, de acuerdo a la información del texto

### Johnny's Bad Habits

My name's Johnny and I'm 10 years old. I live with my older brother, Tom, who takes care of me. Every morning, I pour some cereal into a bowl and add milk. Tom only eats a bag of cheesy snacks and we both drink a bottle of soda. For lunch at school, my friends and I buy cups of instant ramen soup and, for dinner, Tom orders fast food. We never drink water.



2. In pairs, match the sentences with a line.

- |                            |                                     |
|----------------------------|-------------------------------------|
| I. Tom needs to            | a) take better care of his brother. |
| II. Johnny doesn't need to | b) avoid eating cheesy snacks.      |
| III. Tom has to            | c) drink water more often.          |
| IV. Tom doesn't want to    | d) eat cereal every morning.        |
| V. Tom doesn't need to     | e) drink more energy drinks.        |
| VI. They need to           | f) stop ordering fast food.         |






## Ejercicio 7 Traduce el siguiente tríptico en hojas para entregar


### Interesting Facts!

Three out of ten elementary and junior high school students are obese.




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One out of every nine schools in Mexico has access to free and good quality drinking water.



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Ultra-processed foods and drinks are sold in half the schools in Mexico.




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### Ultra-Processed Foods. Why Are They So Bad?

They are a health risk because they are high in free sugars, total fat, saturated fat and sodium, and they are also low in fiber, minerals, and vitamins.

Social media present them as healthy food.




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They are delicious and easy to find at stores.

They are one of the main reasons why overweight, obesity, and other related diseases are increasing.


These foods are easy to eat and carry. They are ready to serve or reheat.



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### Recommendations to Avoid Overweight and Obesity

Reduce fried or breaded food and sweet drinks.




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Refer to the Eatwell Plate and respect mealtimes.




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Avoid foods with warning labels.



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Get at least thirty minutes of physical activity a day.



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## Ejercicio 8 PROYECTO Haz tu propio tríptico hablando de la vida saludable, incluye fotos reales tomadas con tu dispositivo, guíate del tríptico anterior.

# INCLUSIÓN

**CONTENIDO** Analiza las características y recursos empleados en la comunicación asertiva en inglés, y sugiere su uso para favorecer una sociedad incluyente.

**PDA** Investiga, reflexiona y expone en inglés acerca de los sistemas alternativos y aumentativos, que favorecen el tránsito a una sociedad incluyente.

ANSWER THE NEXT QUESTIONS WITH YOUR OWN OPINION AND INVESTIGATION IN ENGLISH:

1) What is the meaning of "Inclusion"?

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2) How many kinds of inclusión do you know about? Mention them

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3) Describe briefly 3 of them:

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4) Have you ever been or seen any situation in which there was not inclusion? Describe it.

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5) Do you think inclusión is practiced at your school? Where do you see it?

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6) What would you do in order to promote inclusión among your classmates?

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7) PROYECT:

Elabora una de las siguientes opciones con toda la información que lograste adquirir acerca de la Inclusión. Ilústrala con dibujos, imágenes, impresiones, etc.

- a) Papel Bond o cartulina reportando tus resultados. Ilustrado.
- b) Mapa mental sobre cartulina o papel bond. Ilustrado.
- c) Tríptico informativo ilustrado.

Este ultimo proyecto se entregará junto a este cuadernillo de trabajo. Cuida que la presentación de tu proyecto sea la adecuada.

8) What are your conclusions about this topic? Write a Little paragraph with your peronal opinión.

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# Violence

## PDA

Participa en un panel en inglés sobre la importancia de la comunicación asertiva y dialógica, a fin de consensuar propuestas de acción para sensibilizar sobre la violencia en las familias y la escuela.

What is the meaning of violence?

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How many kinds of violence do you know about? Mention them.

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**Make a graphic organizer** (realiza un organizador grafico en inglés en una hoja blanca investigando los siguientes tipos de violencia)

### Investigate and describe the kinds of violence

Physical.	Domestic
Psychological.	School r
Sexual.	Verbal
Mobbing	Cyberbullying
Sexual	Gender

### Underline the correct option.

#### 1.- When is the International Day of Non-violence?

- a) 13<sup>th</sup> May      b) 10<sup>th</sup> February      c) 2<sup>nd</sup> October      d) 12<sup>th</sup> October

#### 2.- When is the woman's day?

- a) 8<sup>th</sup> March      b) 21<sup>st</sup> May      c) 9<sup>th</sup> September      d) 15<sup>th</sup> March

### 3.- What is bullying?

- a) Violence directed against a person because of the person's gender or violence that affects people of a particular gender disproportionately
- b) Violence or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner
- c) Seek harm, intimidate someone perceived as vulnerable.
- d) The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

### 4.- What is domestic violence?

- a) The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- b) Violence or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner
- c) Seek harm, intimidate someone perceived as vulnerable.
- d) Violence directed against a person because of the person's gender or violence that affects people of a particular gender disproportionately

### 5.- Who is an important character of non-violence?

- a) Gandhi
- b) Anabel Pantoja
- c) Justin Bieber
- d) Fidel Castro

Match the correct option with a line



EMOTIONAL



FINANCIAL



SEXUAL



PHYSICAL



DIGITAL

Answer the research words.

# Types of Abuse

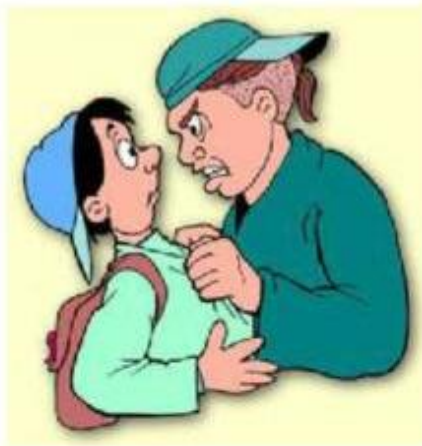
W L Y V Q K K P R H B H Q K C J K I E I X O J U  
E A K W V T N D E B J X T I N N S H H P D N A G  
C T I O S W Q G L J X N V Q E S U B A X E G V U  
R N C V B I I F A R H V X R B T W B A S C G P J  
O F K T Y V K A G D B Q Y N N C A G I Y X D Q A  
F E I E Y V E S H M V T O U C H I N G I N S D C  
X S N O Y M V R U R P N E G L E C T M B G I Q K  
Z U G W D I H D K E S K J I Q O A V Q V N P C Y  
Q B V J O H I S X D Z S Z D W G C K C D A M P N  
K A G N B H T G A G H J G P A K Q Z N G Q X H A  
W L L C W D T U W C X Q L H W N N W K F Z V Y M  
I A R F A W I Z E S U B A L A N O I T O M E S E  
X U Y Y B L N A X V D N M M L Y V F A F M K I C  
X X Q J O G G M R A H R J M S E H C P M H H C A  
C E I O U B D R O B F A G P H M V D Y M A H A L  
U S S K U L D B F C G R H O M E U T P E Q N L L  
K L O R T N O C L V U M T U S V D O H E S H A I  
F G G R D O X S R H X O N W N Z O B T G Y G B N  
Z E K F T Q H A D R M A U K A J G S T M C D U G  
D O M E S T I C V I O L E N C E F I M A T X S K  
E R F U U D X K P R I V A T E P A R T S Z J E P  
I H L N U W P S U Z N S I S R D S Z Y E P W K N  
Z O Z E X J H X H D E T D B Y S P G M A J L G A  
Y F Q L C H Y U Z L Y T A D I X W M B C N J T X

domestic violence  
private parts  
touching  
hitting  
abuse  
body

emotional abuse  
name calling  
control  
neglect  
harm

physical abuse  
sexual abuse  
kicking  
force  
home

READ THE TEXT



School Bullying

Bullying is becoming a very serious problem in more and more schools.

Bullies are very mean people. They are violent and enjoy seeing victims' fearful faces. It makes them think they are stronger than others. Bullies always choose victims who are small, weak, or scared because they know these students probably won't tell school officials.

In my high school years, a group of students bullied anybody during breaks or lunch time. Sometimes, they even took money from the students they bullied.

These bullying situations went on for a long time; however, school officials did not know about it because it happened only in isolated places. The victims never tried to tell the teachers because they were afraid the bullies would take revenge.

Finally, one student told a teacher about that group of students who hit him during the break and took his packed lunch. The bullies were suspended for a week, but after they returned to school, they made that student's life miserable; they taunted him, told jokes about him and made fun of him in all places .The poor kid had to move to another school. After that, none of the other students tried to intervene because they were afraid of being the next victims.

Answer the questions about the text.

1.- The text is about: \_\_\_\_\_

2.-Did victims usually tell the teacher when they got bullied? Why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3.- Write a brief summary about the text

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Answer the exercise.

# What is BULLYING ?



## The most common types of bullying :

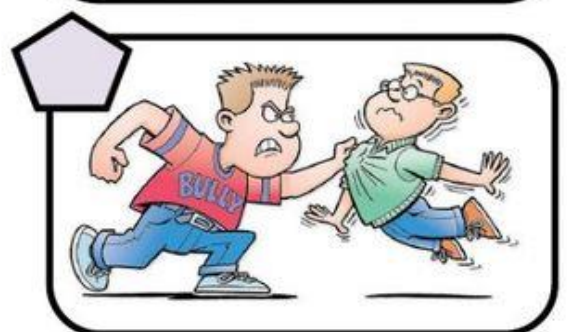
*Match these numbers with the pictures on the right*

- 1) Physical bullying
- 2) Cyber-bullying
- 3) Verbal bullying
- 4) Racist bullying



Which of the following is an example of physical bullying?

- a. sending someone a mean text message
- b. pushing someone over
- c. call someone bad names
- d. insulting someone



Which of the following is an example of cyber-bullying?

- a. make negative comments about a person's physical appearance
- b. spread nasty rumours
- c. post a nasty comment on facebook
- d. stealing another person's belongings



Select the correct option

Statement	True	False
1. Bullying is when someone is mean to another person on purpose.	<input type="checkbox"/>	<input type="checkbox"/>
2. Bullying only happens in schools.	<input type="checkbox"/>	<input type="checkbox"/>
3. Bullying can be physical, verbal, or emotional.	<input type="checkbox"/>	<input type="checkbox"/>
4. If you are being bullied, you should just ignore it.	<input type="checkbox"/>	<input type="checkbox"/>
5. There are things you can do to stop bullying.	<input type="checkbox"/>	<input type="checkbox"/>
6. Bullying always involves physical aggression.	<input type="checkbox"/>	<input type="checkbox"/>
7. Cyberbullying refers to bullying that occurs online.	<input type="checkbox"/>	<input type="checkbox"/>
8. Bullying is a normal part of growing up and should be tolerated.	<input type="checkbox"/>	<input type="checkbox"/>
9. Bystanders can play a role in preventing and addressing bullying.	<input type="checkbox"/>	<input type="checkbox"/>
10. Bullying is a problem that only affects children and adolescents.	<input type="checkbox"/>	<input type="checkbox"/>
11. Bullying can have long-lasting effects on the mental and emotional well-being of the victim.	<input type="checkbox"/>	<input type="checkbox"/>



Read the text and answer the questions.

# CYBER BULLYING



Cyber bullying is when someone does or says mean things to another person using a phone, computer or other electronic device.

A cyber bully can post mean messages or jokes about someone on the internet or through text messages.

Write about a time you experienced cyber bullying:

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How did it make you feel?

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How did you cope with it?

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Have you ever witnessed cyber bullying happening to someone else?

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How did you handle it?

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Write a phrase that indicates rejection of violence and explain it.

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Reflection:

How would you promote the rejection of violence in your environment? (school, house etc.)

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PROYECTO

Realiza un lapbook (tríptico tamaño cartulina **ILUSTRADO**, en INGLÉS) acerca de la **VIOLENCIA** concepto, tipos, instituciones de ayuda, recomendaciones para no permitir la violencia con una frase de rechazo