



Retroalimentación Inglés 7° básico

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.



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Reading task: An article

Actividad 1; Lee el texto y escoge el título correcto.

Reading Task: An Article

1. Read the article below and write the correct title. Then discuss your option with your classmates and teacher.

Sedentary Lifestyle

Obesity in Latin America

Junk Food in Mexico

Obese Teenagers

Actividad 2; Decide si las oraciones son Verdaderas o Falsas.

2. Say if these sentences are True or False, then talk to your partners about them.

- 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.

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Actividad 3; Lee el texto nuevamente y responde las siguientes preguntas.

- a) What is obesity? / ¿Qué es la obesidad?
Obesity is an overweight problem.
- b) Is obesity a problem in Chile among teenagers? / ¿La obesidad es un problema entre los adolescentes Chilenos?
I think that obesity is a problem among teenagers from our country, a lot of teenagers have overweight, they don't eat healthy food or practice any kind of physical activity.
- c) What can teenagers do to avoid the risk of obesity? / ¿Qué pueden hacer los adolescentes para evitar el riesgo de obesidad?
Teenagers can do more physical activities, eat healthy food, drink water, avoid a sedentary lifestyle.

Actividad extra; Responde las siguientes preguntas.

a) Which are the possible causes of obesity?

Some possible causes are 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.

b) What was the main idea of the legislation about junk food?

The main idea was to decrease the amount of junk food schools sell to children.

c) How much time of exercise schools should provide according to experts?

Schools should provide students with at least thirty minutes of exercise per day.