

Título: Boost Immunity easily

Área curricular: Lengua Extranjera Inglés.

Etiquetas: Inglés – Secundaria – Hábitos saludables - Salud

Año/ Ciclo: Nivel secundario. Sugerimos adaptar el siguiente material según el nivel y características de sus alumnos.

Contenidos: revisión de presente simple. Vocabulario relacionado con hábitos saludables

Descripción de la Actividad: Leer el texto “Boost immunity easily”. Responder preguntas simples. Escoger la opción correcta para cada oración. Completar el texto utilizando las palabras del cuadro. Responder sobre tus hábitos saludables.

Fuentes bibliográficas:

<https://www.physiqueglobal.com/education/5-ways-to-boost-your-immune-system-against-coronavirus/>

** Sugerencia al docente, en punto 4 puede utilizar diccionario o google para evacuar dudas**



1. Lee el siguiente texto.

Read the text below.

Here are our 5 tips for boosting your immune system and fighting the virus:

1. Daily Exercise: Exercise can boost your mood as well as keep you healthy, motivate yourself to workout at home. You can find plenty of home workout tutorials online. Research has shown that daily moderate exercise reduces inflammation and supports infection-fighting cells.
2. Consume immune-boosting vitamins: Eat immunity-boosting foods like citrus fruits, garlic, broccoli, spinach, turmeric, etc. You can start supplementing with vitamins and minerals like vitamin C, Vitamin D, Zinc, etc. You may also opt for a good multivitamin daily.
3. Sleep well: Getting a good night's sleep is crucial for your body's ability to recover and defend itself. If you don't get enough sleep, your body may not be able to fend off invaders, and it may also take you longer to recover from illness.
4. Limit your alcohol intake: Drinking too much can make you feel worse and leaving your immune system more vulnerable to viruses. Excessive alcohol use can also impair the immune system and the body's ability to heal itself.
5. Reduce Stress: Stress can also make a big difference for your immune system, particularly when there are disturbing news and stories all over your cell phones and televisions. Make some time for meditation or yoga or read a book to calm yourself.



2. Responde las preguntas.

Answer the questions.

a What is the best antioxidant food?

b What are the benefits of taking zinc?

c Why is sleep so important?

d What is the benefit of sleeping well?

e Why do they say reduce your stress?

5 ways to boost your Immune System against **Coronavirus!**



3. Elige la opción correcta. Seis tips saludables.

Choose the correct option. Six healthy tips



Tips to boost your immune system

1. Eat foods

a. Fast b. Low calorie c. Antioxidant

2. Take more ...

a. Iron b. Selenium c. Zinc

3..... adequately

a. Eat b. Sleep c. Move

4. Get yourself out in the ...

a. Sun b. Sea c. Air

5. Eat more ...

a. Onions b. Parsley c. Garlic

6. Laugh with your...

a. Mouth b. Head c. Heart



4. Completa las palabras faltantes. Utiliza las palabras del cuadro.

Complete the missing words. Use the words from the box.

Protects, straight, efficient, remembers, fall ill, defense, prevent,
organisms, immune, divided

Our body has a powerful army that 1.it from various types of threats. This personal army is called the 2.system. Every day we encounter a huge number of bacteria, viruses and other disease-causing 3. However, we don't 4.every other day. Which is due to our immune system. The immune system can be broadly 5.into two parts – innate and adaptive immunity. Innate immunity is the body's first natural 6.to any intruder. Its main goal is to 7.any intruder from entering the body.

There is also the adaptive immunity. This system is more 8., as it can differentiate between different types of pathogens.

The job of the immune system is to fight these pathogens and get them out of the body. What's so incredible about the immune system is that it 9.how to fight the infection, so if the pathogen comes back for round two, the body can beat it off 10.away!



5- Responde en dos oraciones simples ¿Qué hábitos saludables tienes? ¿Qué tips aplicarías en tu vida?



Answer in two simple sentences. What about your healthy habits? What tips would you apply in your daily life?
