

Amna Al Haddad

1. Antes de leer:

A. Observá el vocabulario:

JOURNALIST



United Arab Emirates

WEIGHTLIFTER



Unitard



MUSLIM WOMEN

WORK OUT AT A GYM



Muslims are people who follow or practice Islam. **Islam** is a religion that teaches that there is only one God and Muhammad is a messenger of God.

UNFIT: not in good physical condition, typically as a result of failure to take regular exercise.



b. Dale una lectura rápida al texto e identificá por lo menos 6 palabras transparentes (palabras parecidas en nuestro idioma y en inglés)

Palabras en inglés	Significado en nuestro idioma (español)
(ejemplo) distances	distancias
1.	
2.	
3.	
4.	
5.	
6.	

2. Mientras lee:

C. Ahora sí lee el texto con atención y escribí si las siguientes oraciones son verdaderas (true) o falsas (false).

	TRUE/ FALSE
1. AMNA WAS VERY HAPPY WITH HER LIFE.	
2. AMNA STARTED TO DO PHYSICAL ACTIVITY.	
3. AMNA DIDN'T PARTICIPATE IN INTERNATIONAL COMPETITIONS.	
4. AMNA LOVED WEIGHTLIFTING.	
5. AMNA IS A MUSLIM.	
6. SPORT IS ONLY GOOD FOR MEN.	

D. Observá la foto y el texto. Elegí UNA cita textual (una oración que está entre comillas y que expresa la opinión/ideas textuales, en este caso de Amna Al Haddad "...") y explicala con tus palabras en español.

Cita textual en inglés:

Explicación con tus palabras:

• AMNA AL HADDAD •

WEIGHTLIFTER

Once upon a time, there was a journalist named Amna. Amna was not happy. She was overweight and unfit. One day, she said to herself: "You can do much more than this. Just do something. Go for a walk." And that's what she did.

She enjoyed her walks so much she wanted to do more. She ran long distances. She sprinted. She started to work out at the gym; when she discovered weightlifting she knew this was the sport for her.

Amna's life changed when the International Weightlifting Federation allowed Muslim women to compete in a unitard (an outfit that covers all skin). She started competing in Europe and America and became an icon for Muslim girls across the world.

"I like being strong," says Amna. "Being a girl does not mean you can't be as strong as a boy, or even stronger!"

She liked weightlifting so much that she started training for the Olympic games in Rio.

She thinks everyone should find a sport they like, and practice it. "Whatever your age, religion, or ethnicity, sport is good for everyone," she says. "It creates peace and it unites nations."

"No matter what the challenges are, never walk away from your dream. The more you persist, the closer you are going to get to your goals. When things get tough, just get tougher."

BORN OCTOBER 21, 1989
UNITED ARAB EMIRATES

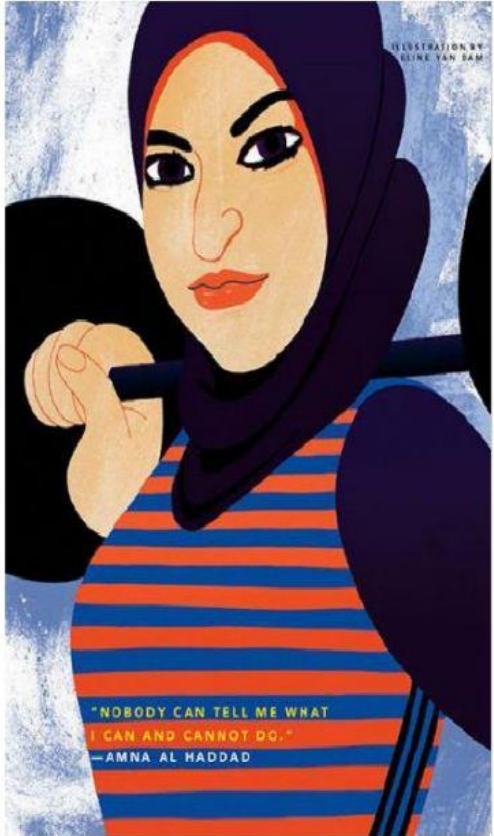


ILLUSTRATION BY
CELINE VAN SAM

"NOBODY CAN TELL ME WHAT
I CAN AND CANNOT DO."
—AMNA AL HADDAD

