

OA: Reading and listening comprehension. Identify vocabulary of the unit.

**INSTRUCTIONS:**

Desarrolla la guía utilizando apoyo como diccionarios online

[www.wordreference.com](http://www.wordreference.com) o

[www.dictionary.cambridge.org](http://www.dictionary.cambridge.org)

## Healthy Food

### Reading

#### 1. Look for the meaning of the following words of the text.

1. through:	6. blood:	11. damage:
2. amount:	7. throughout:	12. straight:
3. average:	8. dehydrate:	13. sick:
4. brains:	9. waste:	14. deseases:
5. bones:	10. daily:	15. typhoid:

#### 2. Read the text and do the activity 3.

### Water and Your Body

#### Your body and the blue stuff – water facts

Do you know that approximately 66% of the human body is water? Water exists in all our organs and is transported through our body to assist with physical functions. The total amount of water in the body of an average adult is 37 liters. Human brains are 75% water, human bones are 25% water, and human blood is 83% water. Humans drink an average of 75,000 liters of water throughout their lives.

A person can live for a month without food, but only for a week without water. If a human does not absorb enough water, the body will dehydrate.

Water helps regulate the temperature and removes waste from the human body. If you have a fever, you should drink lots of water. Healthy people should drink two liters of water daily.

Water is extremely important to us, but it can cause serious damage to our health when it is contaminated by bacteria or other microorganisms. Never drink water straight from a lake or river, as it can damage your health. In most cities and towns, drinking water is treated so that people don't get sick with diseases such as cholera and typhoid. However, 25% of the world's population is at risk from untreated water.

Adapted from: [www.lenntech.com](http://www.lenntech.com)  
(Accessed 30-04-2015)



**3. Answer the following questions, according to the text.**

a. Which three parts of the body mentioned in the text contain large amounts of water?

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b. What are the functions of water stated in paragraph three?

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c. What types of diseases are caused by bacteria in water?

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**4. Give your opinion.**

a. How much water do you drink everyday?

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b. Do you think it is enough? Why? Why not?

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**4. Give your opinion.**

a. How much water do you drink everyday?

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b. Do you think it is enough? Why? Why not?

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**2. Write four sentences about your eating habits using the words from the previous activity.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

**3. Label the pictures with the correct words.**

A



B



C



D



E



F



A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

F. \_\_\_\_\_