

**Lesson 18. November 11th, 2020.**

**Tema:** Health and Modern Life (Adapted from pages 60,61,62)

**Objetivos:** To learn vocabulary related to health and modern life. To read and listen comprehensibly

***HEALTH AND MODERN LIFE***

1. Listen to a short talk by a health expert. What does he say in connection to the pictures below?



***Discussion***

1. ***What do you think about the changes proposed by the experts?***
2. ***Why is blue light important?***
3. ***Why should we do more outdoor activities?***

2. Read the text on page 62 and answer as required.

1. What is the text about?

2. What is "modern life" according to the text?

3. What is a the most popular electronic device?

4. What shift happened among teenagers?

5. Why type of behaviour has changed with technology?

3. Read the text again and answer [T]true or [F]false.

1. Modern life is a combination of technology and sedentary life
2. It is tough to adjust to the changes in communication
3. Technology has improved our lives
4. Adults don't like using smartphones
5. Social media is the key factor in the growing use of technology
6. Text messaging is the preferred way of communicating
7. Messaging apps are more important than text messaging
8. In-person communication is the preferred method of interaction


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