SEMANA 5 – LÍNGUA INGLESA – 9º ANO _____

DATA DA REALIZAÇÃO DA ATIVIDADE:____/____/_____

ALUNO:_____

ESCOLA:_____

As questões abaixo estão na página 156 do livro de Inglês do 9º ano. Esteja sempre com um dicionário online ou manual para ajuda-los na tradução. Leia o texto abaixo para responder as questões 1 e 2.

1. Na Unidade 1, você discutiu tópicos como alimentação saudável e distúrbios alimentares. Leia o texto a seguir para obter mais informações. Então responda às perguntas.

www.helpguide.org/articles/eating-disorders/helping-someone-with-an-eating-disorder.htm

Helping Someone with an Eating Disorder

Advice for Parents, Family Members, and Friends

[...]

Worried about someone? Speak out!

If you notice the warning signs of an eating disorder in a friend or family member, it's important to speak up. You ❶ **may** be afraid that you're mistaken, or that you'll say the wrong thing, or you ❷ **might** alienate the person. However, it's important that you don't let these worries stop you from voicing your concerns.

[...]

What not to do

▪ Avoid ultimatums. Unless you're dealing with an underage child, you can't force someone into treatment. The decision to change ❸ **must** come from them. Ultimatums merely add pressure and promote more secrecy and denial.

[...]

▪ **Avoid giving simple solutions**. For example, "All you ❹ **have to** do is accept yourself." Eating disorders are complex problems. If it were that easy, your loved one wouldn't be suffering.

[...]

Treatments for eating disorders

Treatments for eating disorders

The right treatment approach for each person depends on their specific symptoms, issues, and strengths, as well as the severity of the disorder. To be most effective, treatment for an eating disorder ❺ **must** address both the physical and psychological aspects of the problem. The goal is to treat any medical or nutritional needs, promote a healthy relationship with food, and teach constructive ways to cope with unpleasant emotions and life's challenges.

A team approach is often best. Those who ❻ **may** be involved in treatment include medical doctors, mental health professionals, and nutritionists. The participation and support of family members also makes a big difference in the success of eating disorder treatment.

[...]

Dealing with eating disorders in the home

[...]

Don't blame yourself. Parents often feel they ❼ **must** take on responsibility for the eating disorder, which is something they truly have no control over. Once you can accept that the eating disorder is not anyone's fault, you can be freed to take action that is honest and not clouded by what you ❽ **"should"** or **"could"** have done.

[...]

EDITORIA DE ARTE

SMITH, M. et al. *Helping someone with an eating disorder*. Helpguide.org. Santa Monica, 2018. Disponível em: <www.helpguide.org/articles/eating-disorders/helping-someone-with-an-eating-disorder.htm>. Acesso em: 27 ago. 2018.

a.) What is the main idea of the text? (Qual é a ideia principal do texto?)

I. How to assist someone who might have na eating disorder.

II. The best treatments for eating disorders.

III. What to do so that people with eating disorders can eat better.

LIVEWORKSHEETS

b.) How can we find out if the information presented in the text is reliable? (Como podemos saber se as informações apresentadas no texto são confiáveis?)

I. Checking books and encyclopedias.

II. Comparing it to information on Other websites that cover the same subject.

III. Talking to health professionals, such as doctors, psychologists and nutritionists.

IV. All the alternatives above

2.) Look at the numbers in the text and at the words next to them. Then read the following items. Indicate the numbers of the words that express the meanings below. (Observe os números no texto e as palavras ao lado deles. Em seguida, leia os seguintes itens. Indique os números das palavras que expressam os significados abaixo.) ligar!

a) **recommendation** •

b) **necessity** •

c) **obligation** •

d) **probability** •

4- have to

3- must, **5-**must e **7-**must

8- should

1- may , **2-** might e **6-**may

LIVEWORKSHEETS