

Nombre \_\_\_\_\_

Fecha \_\_\_\_\_

# CAPÍTULO 8 Costumbres saludables

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## Antes de navegar

1. List three unhealthy habits that you have.

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2. Now list three healthy habits that you have.

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## ¡A navegar!

In order to find out if you have a healthy lifestyle, click on the link **Costumbres saludables y no saludables**. Next scroll down the page until you find the link entitled **Mala vejez**. Click on it; then follow the instructions below.

### Primera parte: ¿Vives una vida saludable?

1. Make a list of all the unhealthy habits listed on this Web page. Put a check mark in the boxes next to those that are a part of your life.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

2. How healthy are you? Count the number of check marks from the previous activity. Look at the information below to see your results.

0–2 marcas (*check mark*) = ¡Felicitaciones! ¡Vives una vida muy saludable!

3–6 marcas = ¡Cuidado! Tienes que pensar más en tu salud.

7–9 marcas = ¡Ay, ay, ay! ¡Vives una vida muy peligrosa! Tienes que cambiar tus costumbres muy pronto.

**Segunda parte: Perjuicios vs. beneficios de costumbres no saludables**

1. Scan the unhealthy habits you found on this Web page until you find a category that includes one of the unhealthy habits from your list in the **Antes de navegar** section of this worksheet. Write down two negative effects that this unhealthy habit might have on your life. Try to use your own Spanish words.

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2. Now look at the **Beneficios** section of the category. You will not understand every word of this section, but based on cognates and context, how would you describe the tone of this section? Put a check mark in the corresponding box.

cómico  honesto  serio  sincero  tímido  triste

**Tercera parte: Perjuicios vs. beneficios de costumbres saludables**

1. Before you get too depressed, click on “Back” to return to the previous screen. Then click on **Buena vejez**. Scan the healthy habits on this Web page until you find a category that includes one of the healthy habits from your list in the **Antes de navegar** section of this worksheet. Write down two positive effects that this healthy habit might have on your life. Try to use your own Spanish words.

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2. Now look at the **Perjuicios** section of the category. What do you think that the word **contraindicaciones** means?

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**Después de navegar**

1. Responde a las siguientes preguntas.

a. ¿Eres una persona saludable?

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b. ¿Eres una persona sedentaria o activa?

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c. ¿Normalmente estás de buen humor o de mal humor?

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2. Think of an unhealthy and a healthy habit that were not listed in this activity. In the box below,

plan a Web page that shows the **beneficios** and the **perjuicios** of these habits through Spanish text and illustrations.

Hábito bueno	Hábito malo
<b>Beneficios:</b>	<b>Beneficios:</b>
<b>Perjuicios:</b>	<b>Perjuicios:</b>

3. Haz una lista de las palabras nuevas que aprendiste.

*Palabras nuevas*