ATIVIDADE DE LÍNGUA INGLESA

Estudante: _____ Data: ___/___/_____

Professor (a): _____ Turma: _____

Escola: _____ Tudo Sala de Aula

Leia o texto para responder às questões 1-5.

10 HABITS FOR GOOD HEALTH

1. Do a morning stretch: Stretching before getting out of bed wakes up the body, improves circulation, and promotes relaxation, helping to set the day's tone.

2. Stay hydrated: Proper hydration supports digestion, improves brain performance, and increases energy, among other health benefits.

3. Floss: Maintaining good oral health includes daily flossing, but make sure you do it right.

4. Apply sunscreen: Sunscreen is the best defense against skin-damaging rays.

5. Go nuts: When you crave a snack, reach for unsalted nuts and seeds like almonds, walnuts, peanuts, and cashews.

6. Nap: Afternoon naps can recharge a weary body and may boost cognitive function.

7. Bust some moves: Break up bouts of sitting with small bursts of movement.

8. Take a breather: Alternate-nostril breathing, in which you breathe through one nostril at a time, is believed to help reduce stress by slowing your breathing rhythm and forcing you to take deep, full breaths.

9. Enjoy a hobby: A study published online Sept. 11, 2023, by Nature Medicine suggests that having a hobby is good for people's overall health and mood.

10. Be social: Social interactions can stave off loneliness and protect against depression and cognitive decline.

SOURCE: health.harvard.edu/healthy-aging-and-longevity/10-habits-for-good-health

1. De acordo com o texto, identifique qual hábito está relacionado a cada situação a seguir.

a) You want to protect your skin from harmful rays.
_____
_____

b) You want to improve your oral health.
_____
_____

c) You need to relax and reduce stress.
_____
_____

d) You feel tired in the afternoon.
_____
_____

e) You want to avoid loneliness.
_____
_____

2. A partir dos 10 hábitos apresentados no texto, observe as imagens e identifique a qual hábito cada uma delas se refere.

	

	

3. Leia as afirmações e escreva TRUE ou FALSE de acordo com o texto.

a) ( ) Daily flossing is related to good oral health.
b) ( ) Sunscreen protects the skin from damaging rays.
c) ( ) The text recommends eating salted nuts.
d) ( ) Afternoon naps may improve cognitive function.

4. Qual é a finalidade de *applying sunscreen*, de acordo com o texto?
a) To improve circulation.
b) To protect the skin.
c) To increase energy.
d) To reduce loneliness.

5. The text presents different habits related to physical and mental well-being. In your opinion, which habit is the easiest to include in your daily routine? Why?

_____
_____
_____
_____

Consulte a ilustração abaixo para às questões 6-7.



FONTE: Magnific

6. Match the actions from the cards with their corresponding benefits:

(**A**) Get enough sleep
(**B**) Eat healthy food
(**C**) Brush your teeth.
(**D**) Spend time with loved ones

( ) Helps maintain dental hygiene and prevents cavities.
( ) Provides essential nutrients for the body and mind.
( ) Restores energy and improves concentration.
( ) Strengthens mental health and emotional well-being.

7. Com que frequência você pratica os hábitos mostrados na imagem? Escreva 4 frases completas usando advérbios de frequência. (*always, usually, often, sometimes, rarely, never*).

Exemplo: *I always get enough sleep on weekends, but I rarely exercise during the week.*

a)_____
_____

b)_____
_____

c)_____
_____

d)_____
_____

8. Considere os advérbios de frequência apresentados abaixo e complete as frases com respostas relacionadas aos seus próprios hábitos.

always – usually – often – sometimes – rarely – never

a) I _____ skip breakfast.
b) I _____ drink soda.
c) I _____ eat too much sugar.
d) I _____ spend too much time on screens.
e) I _____ drink soda.
f) I _____ eat breakfast before school.

9. Thinking about your daily diet, write down—in English—the healthy and unhealthy foods that are part of your eating routine.

HEALTHY	UNHEALTHY

10. Think about your daily routine. What healthy habits do you practice? Write THREE examples.

a)_____
_____
_____

b)_____
_____
_____

c)_____
_____
_____

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