

Continuamos el tema donde lo dejamos. Copiad todo en vuestro cuaderno: las tablas y los ejercicios.

NON-INFECTIOUS ILLNESSES OR DISEASES pages 64-65

[enfermedades NO infecciosas]

Non-infectious illnesses or diseases are **NOT caused** by an infectious agent. (Remember that **infectious agents** can be bacteria, microscopic fungi, protozoa and viruses.)

Complete this chart with these illnesses and their translation into Spanish:

English name	Spanish translation
Traumas	Traumatismos, accidentes
Poisoning	

THE PREVENTION OF DISEASE pages 66-67

Complete this chart with tips for a healthy lifestyle:

[completa esta tabla con los consejos para una vida saludable]

Tips for a healthy life	Spanish translation
Healthy diet	Dieta saludable
Regular exercise	

EXERCISE:

Look at the picture of foods in page 66:

[Tienes que leer la información de cada grupo de alimentos.]

- **Every day:** *todos los días*
- **Occasionally:** *ocasionalmente, sólo de vez en cuando*
- **Two, three times a week:** *dos, tres veces a la semana*
- **Moderately:** *de forma moderada, sin exceso*
- **How often...?:** *¿Con qué frecuencia...?]*

a) What foods should we eat **every day**?

[¿Qué alimentos deberíamos comer todos los días?]

b) What foods should we eat **occasionally**?

c) What foods should we eat **moderately**?

d) **How often** should we eat fish or meat?