

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	Envenenamiento
Malnutrition and obesity	Malnutrición y obesidad
Tumours and cancer	Tumores, cáncer
Cardiovascular diseases	Enfermedades cardiovasculares (del corazón)
Allergies	Alergias
Mental illnesses	Enfermedades mentales
Congenital diseases	Enfermedades congénitas (hereditarias, que pasan de padres a hijos)

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	Ejercicio frecuente, habitual
Posture	Postura (buena postura)
Rest and sleep	Descansar y dormir (lo suficiente)
Self-esteem and self-respect	Autoestima, confianza en uno mismo
Hygiene	Higiene, limpieza
Being responsible	Ser responsable

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**?

We should eat cereals, pasta or potatoes, five portions [*raciones*] of fruit and vegetables, and dairy products (milk, cheese or yogurt) every day.

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

We should eat sugar occasionally.

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

We should eat fats moderately.

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

We should eat fish or meat three times a week.