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COPACABANA, ANTIOQUIA

WORKSHOP N°16

THROUGHLINES: Your world

GENERATIVE TOPICS: This is me, my family, school life and people

OVERARCHING GOALS: Students will be able to request and provide clarification about how names and unknown words are spelled.

DATE:

PERIOD:

COURSE:

NOMBRE:

TEACHER:

I'M INTERESTED IN MY HEALTH

1. It is the International Week of Eating Disorders at Kennedy School. The school has created a webpage to inform students about the activities. Read the webpage and answer questions a–d.
 - a. There's a health fair at the school. When is it? From 2nd to 9th June.

 - b. Where can you find information about being overweight in Colombia?

 - c. Where can you find information about the symptoms of anorexia?

 - d. How can you contact a health specialist?

Kennedy School International Week of Eating Disorders

HEALTH NEWS
Health Ministry reports half the population of Colombia is overweight.
Do you often have headaches? Do you feel low in energy? Are you worried about obesity?
Get a health check! Read more: Colombianews.com

Doctor speaking!
What is an eating disorder? Talk to the health specialist!
Telephone: 364-555-896

HEALTH CHECKLISTS
Not sure if your friend has an eating disorder? Use these checklists to find out.
Helping you prevent: Anorexia, Bulimia, Binge-eating

Join us! Show you care!
Health Fair 2nd–9th June
Special events! Healthy recipes! Active life workshops!
Talks, competitions, concerts ... and more!

EATING DISORDERS – REAL STORIES!
Read Claudia and Nicolás's stories about recovering from eating disorders.

The Digital Storytelling Project
Share your personal stories to work out problems together.

2. Jaime and Andrea want to help their friend Nicolás. Listen and note down the sections of the webpage they discuss. Then, listen again and tick the ideas (a–e) they discuss. (track 18, page 51)

- a. Read real stories about people with eating disorders.
- b. Get in touch with a psychologist or a health specialist.
- c. Share Nicolás's personal story online.
- d. Invite him to go to the Health Fair.
- e. Talk to his family about the problem.

3. Which is the best idea in exercise 2? Discuss with a partner.

4.  **Read** » Look at the poster. Match the photos (a–e) with the phrases.



eats too little

eats in secret

worries too much about their weight


can't control their eating

vomits after eating

Do you care about your friends?
These are some symptoms or signs of a possible eating disorder. If your friend ...

- a. eats in secret
- b. _____
- c. _____
- d. _____
- e. _____

... he/she may have an eating disorder!

5.  Listen to Jaime and Andrea talking about Nicolás. Complete the sentences with the correct adverb. (track 18, page 51)

always usually often sometimes hardly ever never

Andrea thinks that Nicolás ^a _____ eats in secret, but ^b _____ he can't control his eating. In Jaime's opinion, he ^c _____ worries about his weight. Also, he ^d _____ vomits after eating.

AUDIO SCRIPT TRACK 18 PAGE 51 GRADE 8

Andrea: What's _____?

Jaime: Well, I _____ my best friend _____ an _____ disorder. I ____ to help him but I don't _____ how.

Andrea: Umm, Well, _____ a page on the school _____ about eating _____. Let's have a look. There's of _____ on here, and stories of _____ people who _____ had these problems. This is _____!

Jaime: Yeah, and _____ here. You _____ make an appointment to _____ with a _____ or a _____ doctor. I _____ we _____ to tell an adult about Nicolás. I'll _____ an _____ right now.

Andrea: Yeah, it's the best thing to _____. We _____ all go together to the Health Fair next week, too – so he _____ he _____ alone.

Jaime: _____ idea!

Audio Script TRACK 19 PAGE 51 GRADE 8

Jaime: _____ at this poster! Interesting! Hey, Andrea! What _____ you _____? Does Nicolás _____ in secret?

Andrea: Umm ... I've never _____ him doing that.

Jaime: Does he _____ his _____?

Andrea: Well, he _____ very quickly and yeah ... sometimes it's _____ he _____ stop.

Jaime: And he _____ worries about his _____.

Andrea: And you _____ what? His sister _____ me he often _____ after eating.

Jaime: We _____ tell a teacher about him. He _____ help now.

Andrea: Yes, he _____!