

Nombre _____ Fecha _____

CAPÍTULO 8 Costumbres saludables

Antes de navegar

1. List three unhealthy habits that you have.

2. Now list three healthy habits that you have.

¡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.

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.

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

Después de navegar

1. Responde a las siguientes preguntas.

a. ¿Eres una persona saludable?

b. ¿Eres una persona sedentaria o activa?

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

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
Beneficios:	Beneficios:
Perjuicios:	Perjuicios:

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

Palabras nuevas
