

Realidades 3 Chapter 3 Que haces para estar en forma?

Content Area: **World Language**
Course(s): **Spanish IV Honors**
Time Period: **2nd Marking Period**
Length: **5 Weeks**
Status: **Published**

Unit Overview

In Chapter 3, students will be introduced to additional common vocabulary, phrases and concepts related to health and wellness for daily interpersonal interaction. The students will be able to discuss various trends in healthy living, including nutrition and fitness. Emphasis will be placed on basic communication and comprehension in everyday situations. Students will continue to gain a working knowledge of the structures of the target language including using the subjunctive mood.

Transfer

Students will be able to:

1. Exchange information about health and fitness.
 2. Identify symptoms and remedies.
 3. Investigate the eating habits of teens abroad.
 4. Explore teen magazines from other countries.
 5. Recognize uses of medicinal plants in Latin America.
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MEANING:

Understandings

Students will understand:

1. How one's culture is related to what is considered healthy.

2. How Spanish-speakers' health and diet compare to diet and health of North Americans.

Essential Questions

What is healthy living?

What does it mean to be healthy?

What should we do to be healthy?

Application of Knowledge and Skill

Students will know...

Students will know:

1. How to describe symptoms of illness.
2. The names of activities associated with good health.
3. Common medicinal plants.
4. How to express their moods and the moods of others.

Students will be skilled at...

Students will be able to:

1. Describe how they feel mentally and physically.
2. Speak about healthy and unhealthy attitudes and behaviors.
3. Describe and discuss probability.

Academic Vocabulary

1. appropriate	1. apropiado
2. balanced	2. equilibrado
3. despite/eventhough	3. aunque
4. empty	4. vac?o
5. full	5. lleno
6. healthy	6. saludable
7. nutritious	7. nutritivo
8. self-confidence	8. confianza en s? mismo
9. stressedout	9. estresado
10. strong	10. fuerte
11. theadvice	11. el consejo
12. the aerobics	12. los ejercicios aer?bicos
13. theage	13. la edad
14. theallergy	14. la alergia
15. theantibiotic	15. el antibi?tico
16. theaspirin	16. la aspirina
17. thecalcium	17. el calcio
18. thecarbohydrate	18. el carbohidrato
19. thecentigradedegree	19. el grado cent?grado
20. thecough	20. la tos
21. thecramp	21. el calambre
22. thecrunches	22. abdominales
23. thediet	23. la dieta
24. theeatinghabit	24. el h?bito alimenticio
25. theenergy	25. la energ?a
26. thefever	26. la fiebre
27. thefiber	27. la fibra
28. theflu	28. la gripe
29. thefood	29. los alimentos
30. theheight	30. la estatura

31. the iron	31. el hierro
32. the junk food	32. la comida basura
33. the level	33. el nivel
34. the nutrition/the feeding	34. la alimentaci?n
35. the protein	35. la prote?na
36. the snack	36. la merienda
37. the strength	37. la fuerza
38. the stress	38. el estr?s
39. the syrup	39. el jarabe
40. the vitamin	40. la vitamina
41. the way	41. la manera
42. the weight	42. el peso
43. to advise	43. aconsejar
44. to avoid	44. evitar
45. to be exhausted/sleepy	45. caerse de sue?o
46. to be fit	46. estar en forma
47. to be in a bad mood	47. estar de mal humor
48. to be in a good mood	48. estar de buen humor
49. to breathe	49. respirar
50. to complain	50. quejarse
51. to concentrate	51. concentrarse
52. to contain	52. contener
53. to demand	53. exigir
54. to develop	54. desarrollar
55. to do push-ups	55. hacer flexiones
56. to endure/to tolerate	56. aguantar
57. to feel awful	57. sentirse fatal
58. to flex/to stretch	58. flexionar
59. to have a cold	59. estar resfriado
60. to include	60. incluir
61. to relax	61. relajarse
62. to skip a meal	62. saltar una comida
63. to sneeze	63. estornudar
64. to stretch	64. estirar
65. to take/to drink	65. tomar
66. to use a stationary bike	66. hacer bicicleta

67. to use a treadmill

68. to worry

69. weak

70. yoga

67. hacer cinta

68. preocuparse

69. d?bil

70. yoga

Learning Goal

Students will be able to show appropriate and accurate use of the Spanish Language for the following vocabulary and grammar:

Vocabulary: Symptoms, Medications, Body parts, Healthy activities, Vitamins and nutrients, Moods

Grammar: Affirmative and negative commands, Regular subjunctive verbs, Subjunctive verbs with spelling changes

Target 1-- Retrieval

SWBAT:

1. Identify common activities associated with healthy living.
2. Recall the names of medicinal plants of Latin America.
3. Describe symptoms.
4. List body parts.

Target 2-- Comprehension

SWBAT:

1. Symbolize perfect health.
 2. Diagram the body.
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Target 3-- Analysis

SWBAT:

1. Identify the symptoms of unhealthy living.
 2. Evaluate the best ways to stay healthy .
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Target 4-- Knowledge Utilization

SWBAT:

1. Investigate current controversial diets.
 2. Research and develop aplan to stay healthy.
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Summative Assessment

1. Vocabulary and grammar quizzes.
2. Assessment of reading, writing, listening, speaking skills.
3. End of unit exams.
4. Mid or end of unit projects.
5. Student presentations.

Formative Assessment and Performance Opportunities

1. In-class reading, writing, speaking and listening activities.
2. Class participation.
3. Cooperative learning activities.
4. Digital assessments with accompanying assignments.
5. Webquests.
6. Review games.
7. Surveys.
8. Think/Pair/Share activities.
9. Teacher-directed Q and A.
10. Teacher observation.
11. Additional practice activities.

Differentiation / Enrichment

Differentiation:

1. Strategic seating for reduced distraction, enabling better lesson focus.
2. Small-group, teacher-monitored learning activities.
3. Provision of graphic organizers, vocabulary lists, note-taking techniques and devices.

Enrichment:

1. Expand and extend concepts, ideas, relationships, and generalizations.
2. Students will be provided with additional resources on relative topics.
3. Provide students with supplemental resources to expand knowledge base.
4. Create experiences for deeper learning.

Unit Resources

REALIDADES:

Print and online interactive textbook

Online practice workbook

Writing, Audio and Visual workbook

Leveled Vocabulary and Grammar Workbook

Teacher Resource Book Temas 1-4/5-9

Additional related online websites

