



Universidad Nacional Autónoma de México
Escuela Nacional Preparatoria
Programa Institucional Dominó TIC-TAC
8va. Feria de Alumnos



HEALTHY LIFESTYLE 1

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Proyecto: Healthy Lifestyle

- **Parte 1** : Investigación del tema en artículos en línea.

Tomamos notas, ideas importantes y sobre todo lo más interesante sobre el tema.

- **Parte 2** : Elaboración de un texto persuasivo del tema.
- **Parte 3**: Producto Final: Elaboración de un video

Textos persuasivos que se utilizaron en este proyecto:

Tips for a Healthy Lifestyle:

To make it easier for you to start managing your life this way, we'll give you the following tips

- First of all, your mental health is very important, you have to be aware that you can do it.
- You should start to have better habits about your sleep cycle, because sleeping properly can make the next day you have more energy.
- You should be more aware of the food you buy and consume, learning how to evaluate it will help you reduce unnecessary fat.
- You should not undergo physical exercises that are too exhausting at first, the best thing you can do is to start with small exercises that you like and that can keep you active and happy a lot of your day to day.
- You can do all these activities in a more enjoyable way if you ask someone to accompany you during this process of creating better habits. A good partner and people surrounding your environment can give you more energy and better reviews to continue this path.
- With these little daily actions, you will see great results in the period of time you plan to live. And remember, you too can start a better and healthier life.

HEALTHY LIFESTYLE

advantage

A healthy lifestyle gives us physical and mental wellbeing and good social connections.
Being healthy is a good way to be kind to yourself.

POWER OF ACTITUDE
A positive attitude can boost your energy, heighten your inner strength, inspire others, and garner the fortitude to meet difficult challenges.

EXERCISE
Your body finds it much easier to deal with threats like illness.

NUTRITION
1. a strong immune system to prevent and fight infections.
2. a healthy weight
3. more energy
4. essential nutrients to support tissue growth.

RECOMMENDATIONS FOR A HEALTHY LIFESTYLE

Should avoid prepared Foods. You must sleep enough. Might practice yoga.

PROJECT: Healthy Lifestyle

part 2

What is a healthy Lifestyle?

"Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being".
A healthy lifestyle can provide physical and mental well-being and good social connections.
Having a healthy lifestyle includes a balanced diet and regular exercise. It should include plenty of rest, especially sleep, alcohol should be avoided or drunk in moderation.



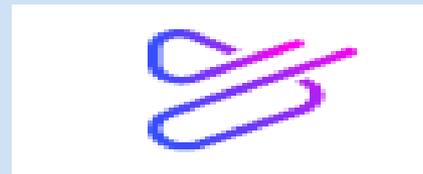
- **How can i have a balanced diet?**
It may include eating lots of fruits and vegetables and basing meals on starchy carbohydrates.
- **Could I eat junk food?**
No, we are often short of time, and cheap and highly processed food is always available. However, convenience food has a negative impact on our health.
- **I have to exercise?**
Yes, exercise can help maintain weight, increase our feelings and be a way of socializing.
You will gain less body fat, tire less easily, and feel better.
¡You should start today to have a life of good health, personal connections, new skills, and a great attitude!

Herramientas TIC utilizadas para la elaboración del producto final:

- ❑ Páginas web con información sobre la vida saludable.



- ❑ Programa en la web para realizar videos y presentaciones "Powtoon" y "Sony Vegas Pro 14"



- ❑ "Google imágenes"

Herramientas TIC utilizadas.

VENTAJAS:

Se puede encontrar todo tipo de información, imágenes y fuentes en las cuales podemos confiar para poder tener la información suficiente y poder lograr un aprendizaje.

DESVENTAJAS:

Muchas veces no podemos tener lo que necesitamos para una buena presentación e información, ya que no todo es gratis en las TIC's.



Experiencias, desafíos y dificultades para la elaboración del producto final

- ★ Una de las experiencias fue conocer más sobre programas para videos.

Una de las dificultades que tuvimos al hacer el video:

- Guardar los audios fué complicado por el tipo de formato.
- Guardar el primer video no se pudo, ya que el programa que se utilizó al inicio no nos dejó guardar el video, pues teníamos que pagar por ello. Así que tuvimos que hacer uno nuevo en menos de siete horas.



Producto final:

YOU SHOULD NOT
UNDERGO PHYSICAL
EXERCISES THAT ARE
TOO EXHAUSTING AT FIRST.



Fuentes:

- <https://www.health.harvard.edu/blog/healthy-lifestyle-5-keys-to-a-longer-life-2018070514186>
- <https://www.foundationforpn.org/living-well/lifestyle/>
- <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhbk>



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