



GUÍA N° 5 INGLÉS GRADO 10°

Objetivo: Expresar acuerdos y desacuerdos con base en razones válidas.

1. Expresa su opinión sobre los cigarrillos y como fumar afecta la salud brevemente en su cuaderno en inglés.
2. Leer el artículo presenta a continuación **HOW SMOKING AFFECTS YOUR HEALTH?** buscar la idea principal del artículo, y hacer un listado de palabras claves con su traducción en español en el cuaderno

How Smoking Affects Your Health



There are no physical reasons to start smoking. The body doesn't need tobacco the way it needs food, water, sleep, and exercise. In fact, many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses.

The body is smart. **It** goes on the defense when it's being poisoned. For this reason, many people find it takes several tries to get started smoking: First-time smokers often feel pain or burning in the throat and lungs, and some people feel sick or even throw up the first few times **they** try tobacco.

The consequences of this poisoning happen gradually. Over the long term, smoking leads people to develop health problems like cancer, emphysema (breakdown of lung tissue), organ damage, and heart disease. **These** diseases limit a person's ability to be normally active — and can be fatal. Each time a smoker lights up, that single cigarette takes about 5 to 20 minutes off the person's life.

Smokers not only develop wrinkles and yellow teeth, they also lose bone density, **which** increases their risk of osteoporosis, a condition that causes older people to become bent over and **their** bones to break more easily. Smokers also tend to be less active than nonsmokers because smoking affects lung power.

Smoking can also cause fertility problems and can impact sexual health in both men and women. Girls who are on the pill or other hormone-based methods of birth control (like the patch or the ring) increase their risk of serious health problems, such as heart attacks, if **they** smoke.

The consequences of smoking may seem very far off, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that teen smokers experience many of **these** problems:



Bad skin. Because smoking restricts blood vessels, it can prevent oxygen and nutrients from getting to the skin — which is why smokers often appear pale and unhealthy. An Italian study also linked smoking to an increased risk of getting a type of skin rash called psoriasis.

Bad breath. Cigarettes leave smokers with a condition called halitosis, or persistent bad breath.

Bad-smelling clothes and hair. The smell of stale smoke tends to linger — not just on people's clothing, but on their hair, furniture, and cars. And it's often hard to get the smell of smoke out.

Reduced athletic performance. People who smoke usually can't compete with nonsmoking peers because the physical effects of smoking (like rapid heartbeat, decreased circulation, and shortness of breath) impair sports performance.

Greater risk of injury and slower healing time. Smoking affects the body's ability to produce collagen, so common sports injuries, such as damage to tendons and ligaments, will heal more slowly in smokers than nonsmokers.

Increased risk of illness. Studies show that smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers. And people with certain health conditions, like asthma, become more sick if they smoke (and often if they're just around people who smoke). Because teens who smoke as a way to manage weight often light up instead of eating, their bodies lack the nutrients they need to grow, develop, and fight off illness properly.

2. Resolver la siguiente actividad enfocada en la gramática:

In regard of the previous text, say who or what the following words refer to.

Example:

Paragraph 2 - It this word refers to the human body.

A) Paragraph 2 - This

B) Paragraph 2 - They

C) Paragraph 3 - These



D) Paragraph 4 - Which

E) Paragraph 4 - Their

F) Paragraph 5 - They

G) Paragraph 5 - These

H) Paragraph 7 - They

I) Paragraph 11 - They

J) Paragraph 11 - Their

EVALUEMOS:

Resuelve las preguntas del artículo presentadas al final, para evaluar su comprensión de la lectura.

Answer the following questions about the previous text:

1. Why do people start smoking?
2. What are the long term consequences of smoking?
3. What can smoking produce in your teeth, skin and bones?
4. What happens with your athletic performance when you smoke?
5. Write five consequences of smoking.

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Quédate en casa

