



PREFEITURA DE SANTOS
Secretaria de Educação



ROTEIRO DE ESTUDOS/ATIVIDADES

UME: MARTINS FONTES

ANO: 8° COMPONENTE CURRICULAR: INGLÊS

PROFESSOR(ES): LUCIANA

PERÍODO DE 05 A 19 DE MAIO

ATIVIDADE 1- Hello, dear!

Na atividade de hoje, nós iremos avaliar como foi o ensino remoto no 1º trimestre.

Para isso, responda todas as perguntas do formulário de forma séria e honesta para que possamos refletir sobre esse ensino.

Click no link a seguir e responda as questões:

<https://forms.gle/XS44KgmpywH5hNo7>

Atividade 2 - Hi!!

Nossa saúde é algo muito importante para que nós estejamos bem. Se há algo de errado em nosso corpo, tudo fica ruim. Nesta atividade, vamos falar de Health (Saúde).

Leia o texto a seguir e responda as questões.

O conceito de saúde está relacionado ao bem-estar, ou seja, a percepção de qualidade de vida que as pessoas têm e não somente à ausência de doenças. Leia o texto abaixo e faça os exercícios sobre o entendimento do mesmo.

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, according to the World Health Organization (WHO). Physical is about the body. Mental is about how people think and feel. Social talks about how people live with other people. It is about family, work, school, and friends. Physical health refers to good body health, and is the result of regular exercise, proper diet and nutrition, and proper rest for physical recovery. A good way of knowing if a group of people is healthy is their weight, which generally increases with better nutrition. Mental health refers to a person's emotional and psychological well-being. A state of emotional and psychological well-being in which an individual is able to use his or her thinking and emotional (feeling) abilities, function in society, and meet the ordinary demands of everyday life.

Vocabulary:

Well-being: bem-estar

Infirmity: enfermidade

Demands: exigências

Health: saúde

1. Answer the questions - responda as perguntas

A. What is the definition of health?

B. What is the difference between physical health and mental health?

2. Mark True or False - Verdadeiro ou falso

A. A good way of knowing if a group of people is healthy is their weight. (...)

B. Physical health refers to a person's emotional and psychological well-being. (...)

C. Physical health is the result of regular exercise, proper diet and nutrition, and proper rest for physical recovery. (...)

D. Mental health is the emotional health. (...)