



OA	OA09: Demostrar comprensión de ideas generales e información explícita en textos adaptados y auténticos simples, en formato impreso o digital, acerca de temas variados.
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WORKSHEET N°5: READING COMPREHENSION

En esta ocasión, trabajaremos comprensión lectora. Lee el texto detalladamente, luego realiza las actividades y responde las preguntas relacionadas a texto. Quizás necesites traducirlo antes de empezar, puedes usar diccionario, consultarme por whatsapp o utilizar un traductor online.



PARAGRAPH 1
Worldwide, **life expectancy** is higher than ever before. In fact, a United Nations report shows that 20% of the population will be aged 65 years and older by 2050 — a figure which is likely to continue rising.

PARAGRAPH 3
Elizabeth Sullivan, 104, sums up this paradox perfectly in a conversation with her doctor:
“I saw the doctor and he said, ‘Are you careful about what you eat?’ and I said, ‘Certainly not, I drink three Dr Peppers a day,’ and he said, ‘Oh my goodness, that’s too much sugar. You will die if you keep drinking that,’” she recounted. “But 10 years later he died and I had to change doctors. So I’m still drinking three Dr Peppers a day and people said that’s bad for me but you know, not very many people live to be 104. So I guess the sugar in the Dr Peppers have kept me alive all this time.”

PARAGRAPH 5
Other **popular advice** included staying active, keeping a positive attitude, and maintaining relationships with family and friends. Similarly, getting enough sleep, being nice to others, and having religious faith were also acknowledged as important parts of living well into old age

PARAGRAPH 2
Although eating healthily has a strong showing in second place, even more centenarians attributed their long **lifespans** to less conventional advice involving daily treats such as chocolate, bacon or sugary drinks

PARAGRAPH 4
Somewhat controversially, more centenarians recommended a daily tittle than **abstaining from** drinking alcohol entirely — seemingly claiming that a little bit of the bad stuff might do us some good after all.

PARAGRAPH 6
Judging from the advice collated, striking a happy balance seems to be key to a long and healthy life. None of the centenarians featured in the research recommended **crash diets** or complete lifestyle overhauls. Instead, their tips were tailored to their own lifestyles and practiced consistently. That could mean indulging in a daily glass of wine, eating plenty of vegetables, or simply basking in the warmth of a loving network of family and friends

I Item: Answer the following. Contesta en español.

a) ¿De que tratan los párrafos, en general? _____

II Item: Select the paragraph. En base a los párrafos, decide en cual de ellos se encuentra la siguiente información.

- a) Este párrafo ofrece un consejo popular _____
- b) Este párrafo ofrece un consejo poco convencional o poco popular _____
- c) Este párrafo menciona que la expectativa de vida es mas larga que antes _____
- d) Este párrafo menciona características que centenares de personas no siguen _____
- e) Este párrafo menciona una recomendación muy controversial _____
- f) Este párrafo menciona una contradicción sobre comer sanamente _____

III Item: Translate the following. Traduce los siguientes conceptos al español.

Life expectancy	Lifespans	Abstaining from	Popula advice	Crash diets
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