Tiempo para mi...

Entre el trabajo, las fiestas, las visitas a la lavandería, el estar al día con las noticias y hacer planes con los amigos, ¿Cuándo sacas tiempo para ti?

Bien, de alguna manera tienes que hacer espacio para cuidarte. Vale la pena. Para tener una vida equilibrada, busca momentos sólo para ti, minutos y horas para descansar, rejuvenecerte y reunirte con gente. Considera esta lista de cosas como tus obligaciones diarias:

- Reúnete con las amigas. Después del trabajo, reúnete con tu mejor amiga para hablar del día.
- Relájate y relájate un rato. Si tienen tiempo, pueden escaparse e ir al cine a ver una película.
- Medita. Respira. Estira tus músculos. Despeja tu mente. Y empieza todo de nuevo otra vez. Aaaah...
- ¡¿Qué te sientes mejor ahora?!
- Saca tiempo para ir donde la manicurista. Tan sólo una hora a la semana puede mantenerse renovada y bella, mientras que un sábado por la tarde es perfecto para dar paso al mismo tratamiento a tus pies y tus manos.
- Reserva un masaje. Ya sea en una sesión de 15 minutos en una silla o media hora de masaje completo, conviértelo en un hábito para así poder sentarte y olvidarte de tus problemas por un rato: los masajes benefician a tu cuerpo - ¡Experimenta y verás!

Mantener tu vida en orden y equilibrada es muy importante. ¿En qué parte de esta ecuación hay lugar para McDonald's®? Desde luego sus nuevas Ensaladas Premium son otra elección ideal para tu ajetreado estilo de vida.
Interpretive Phase

Description of task:

The teacher stepped into the hall to talk to a student. Again you get lost in your thoughts. Last period Maria passed you a note that said she’s grounded until her grades come up. Now what are you going to do. Maria is the only one in the group with a driver’s license. But you had a feeling this was going to happen. She has been stressed out due to academic demands and an overloaded activity and sports schedule. She has been having a hard time managing everything. She always looks really tired and her grades have slowly been dropping. WAIT A MINUTE! Eat healthy, get enough sleep, learn how to manage your time, relax and blah...blah...blah...blah...blah. Maybe for once the teacher is talking about something you can actually use. You look down at the homework ditto and a mischievous smile escapes your lips. You have a plan...but first you need to do this ditto. Your homework may actually help you save Maria.

Health Class/Homeork
Mrs. B. Ealthy

Directions: Read the article and answer the following questions.

A. Important Words and Phrases
Match the pictures to the correct suggestion using the word bank below.

<table>
<thead>
<tr>
<th><em>Masaje</em></th>
<th><em>Estira tus músculos</em></th>
<th><em>Reúnete con tus amigas</em></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>La manicurista</em></td>
<td><em>Beauté</em></td>
<td><em>Equilibra da</em></td>
</tr>
</tbody>
</table>

1) ___________ 2) ___________ 3) ___________ 4) ___________

B. Supporting Details
- Read the following statements
- Place a check (✓) next to the statements that appear in the article
- AND write the number of the statement next to where it appears in the article
1) In order to relax, get at least 8 hours of sleep.

2) After work reunite with your a friend and talk about the day, relax and laugh.

3) Breath. Stretch your muscles. Relax your mind.

4) Spend more time with your family.

5) You should exercise at least 3 times a week.

6) You should reserve a massage even if it's just 15 minutes.

C. Main Ideas…PLEASE ANSWER IN ENGLISH

1) In your own words, write what this article is about?

   This article explains what you should do to relax and keep time to yourself.

2) Which do you think would be the best title for this article?

   a) Pasar el rato con amigos…no me gusta.
   b) Tiempo para la tareas es importante.
   c) Tiempo para mi…me encanta.

D. Meaning From Context

Use the context of the article to guess the meaning of the following phrases AND write what you think they mean in English.

1) UNA VIDA EQUILIBRADA (paragraph #2) __________

   a balanced life

2) OLVIDARTE DE TUS PROBLEMAS (paragraph #4) __________

   avoid your problems

3) OBLIGACIONES DIARIAS (paragraph #2) __________

   daily obligations

4) REÚNITE CON TU MEJOR AMIGA (paragraph #3) __________

   meet with your best friend

E. Open Ended Question

What company and product do you think this is an advertisement for? Why does the company use this approach to market its product? (Use back if needed)

I think McDonald's is trying to sell a salad. It uses this approach to make people want to buy their product. After reading this article, many people would think they need to become healthy. By introducing the salad, they may think it is healthy for their body and may buy it. Good Health will be the first obligation on their mind when they see and read this article. This is the company's approach.
## INTERMEDIATE LOW INTERPRETIVE RUBRIC

*Tiempo para mí...me encanta*

<table>
<thead>
<tr>
<th>INTERPRETIVE TASK</th>
<th>Exceeds Expectations</th>
<th>Meets Expectations</th>
<th>Does Not Meet Expectations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you identify the main idea?</td>
<td>You identify the main ideas of the text.</td>
<td></td>
<td>You do not identify the main ideas of the text.</td>
</tr>
<tr>
<td>Do you understand supporting details?</td>
<td>You understand most supporting details of the text.</td>
<td>You understand some supporting details.</td>
<td>You understand few supporting details.</td>
</tr>
<tr>
<td>Do you infer meaning?</td>
<td>You infer the meaning of most cognates and word families.</td>
<td>You infer the meaning of some cognates and word families.</td>
<td>You infer the meaning of few cognates and word families.</td>
</tr>
<tr>
<td></td>
<td>You derive the meaning of some new words from context.</td>
<td>You derive the meaning of a few new words from context.</td>
<td>You do not derive the meaning of new words from context.</td>
</tr>
<tr>
<td></td>
<td>You infer the author’s intent.</td>
<td>Infers and interprets some of the author’s intent.</td>
<td>Does not infer and interpret the author’s intent.</td>
</tr>
</tbody>
</table>