**Attachment capsule 2**

1. **Pre-activity section**

**1.1.1 CHART**

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| --- | --- | --- | --- |
| **Congress** | **Date** | **Name of the conference he presented** | **Abstract** |
|  |  |  |  |

**1.1.2 Peter Attia**

Notes:

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* + 1. **Reading**

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| Low sugar, high fiber add longevity  Most people know obesity isn’t healthy. But even thin people can suffer from life-shortening metabolic problems, including diabetes.  So what’s the culprit? Sugar plays a major role, along with the increasing consumption of vegetable oils that can result in fat accumulation around the liver—even among thin people, according to panelists discussing healthy eating at the AIC 2016 on April 6.  Perhaps surprisingly, research in the US shows that many thin people suffer from a condition called “metabolic syndrome,” which is similar to prediabetes and can lead to heart disease. In fact, about half the population has this condition.  “There’s no question that people who are obese have a higher risk,” said Robert Lustig, Professor of Pediatrics, Division of Endocrinology, at the University of California. “But there are more thin sick people than fat sick people.”  The good news is that the problem can be mitigated if it’s diagnosed by middle age. Replacing sugar with starch – say, eating bagels instead of donuts – and avoiding processed foods with added sugar can make a big difference.  Unfortunately, natural sweeteners like honey or agave nectar don’t help. They do the same amount of damage.  “Every diet on the planet that works is a low sugar, high fiber diet,” Lustig said.  A range of other factors also influence how long a person will live, said Peter Attia, founder and former President of the Nutrition Science Initiative.  Genetics play a big role, with 75 percent of people likely to live into their 70s and 80s. About 10 percent are predisposed to live past 90 and about 15 percent are likely to die in their 50s.  “You can stretch it, but you have to be willing to do it early,” Attia said. “If you are in your 40s or 50s and you have metabolic syndrome, there is an opportunity to intervene.  Besides a healthy diet, Attia cited exercise, sleep quality, stress management and having a sense of purpose among factors that add to longevity.  Source: <https://www.credit-suisse.com/microsites/conferences/aic/en/blog/low-sugar-high-fiber-add-longevity.html> |

**1.2.2 CHART**

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|  | **IDEA 1** | **IDEA 2** |
|  |  |  |
| **Why is this idea interesting for me?** |  |  |
| **Do I agree with this idea?** |  |  |
| **What is my opinion about this idea?** |  |  |

\*If you find difficult to write it in English, do it in Spanish (make sure to be clear, do not omit subjects, and avoid redundancy), find the words in a dictionary, include them in a list of vocabulary. Then use a translator to see how your idea could be in English (the better and clearer you write in Spanish, the best the translation will be).

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| --- |
| **Tips to improve your writing:****1. Write everyday!** There are apps that can help you write every day. If possible, fix a schedule to write, choose a moment with no interruptions and where you can be relaxed. **2. Focus**You can help yourself using some back noise like [Rainy Moon](http://www.rainymood.com/) or [Calm](http://www.calm.com/). There are also good apps to play music for writing.**3. Where to write**You need to write the way you best prefer. It can be a notebook, diary, or an electronic device, maybe the computer or the tablet. You can use apps like [Personal Diary](https://apps.apple.com/us/app/personal-diary-journal-app/id1052570257) or [Evernote](https://evernote.com/). You can be even more creative and be a [Blogger](http://www.blogger.com/) or use [WordPress](http://www.wordpress.com/) where you can write about whatever you want and make it private or public. **4. Set the time** You can use different techniques to write. One way is to write without stopping for 5 or 10 minutes, do not stop and find out what happened after you have finished. This will help you to think your ideas directly in English instead of Spanish.  **5. Use tools**  You can always use tools to check your grammar and spelling. [Hemingway Editor](http://www.hemingwayapp.com/), [Read-Able](http://read-able.com/), [Grammar Check](http://www.grammarcheck.net/editor/)or [Reverso](http://www.reverso.net/spell-checker/english-spelling-grammar/) can do the job, remember this tools will never substitute a human and there might be mistakes. **6. Share your writings** If you know someone who knows about English, share your notes and ask your friend to give you advice. If this is difficult, you could join [Lang-8](http://lang-8.com/) were native speakers can help you for free. **7. Read outloud** Choose readings for young learners and read them outloud, go selecting books or articles with more difficulty each time. |

1. **Activity section**

**2.1.1 CHART**

Use this chart to make your list of vocabulary or common expressions. Follow the two examples given.

|  |  |  |  |
| --- | --- | --- | --- |
| **Word or expression** | **Pronunciation** | **Stress/intonation** | **Meaning** |
| Health | /jelth/ | héalth | salud |
| Be aware of | /biaweref/ | Be aware of | tener en cuenta algo |
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If you need more information about intonation and pronunciation check: <https://www.oxfordonlineenglish.com/free-english-pronunciation-lessons>

* + 1. **Check the following formula to help you form questions in English. (Not always all the elements are included).**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **WH question** | **Auxiliary** | **Subject** | **Verb** | **Complement?** |
| What  Where  When  Why  Who  How  How + adjective | **Am**  **Is**  **Are**  (Present) |  | * PROGRESSIVE FORMS:   VERB IN GERUND (verb+ing)   * PASSIVE VOICE:   VERB IN PAST PARTICIPLE |  |
| **Was**  **Were**      (Past) |
| **Do**  **Does**  (Present) | * PRESENT SIMPLE OR PAST SIMPLE:   VERB IN SIMPLE FORM |
| **Did**  (Past) |
| **Have**  **Has**  (Present) | * PRESENT PERFECT OR PAST PERFECT:   VERB IN PAST PARTICIPLE |
| **Had**  (Past) |
| **Will**  **Shall**  **Can**  **Could**  **Should**  **Would** | * MODAL AUXILIARIES:   VERB IN SIMPLE FORM |

* + 1. **Use the following prompts to create correct questions. Use the formula given in 2.2.1 to guide your answers.**

|  |  |
| --- | --- |
| 1. job/know/wanted/When/this /you/did/? |  |
| 1. is/ever/What/ the/received / advice/ you’ve/ best/? |  |
| 1. team (or company)/does/ success /How / your/ define/? |  |
| 1. risk /has / been / biggest/ you/ have/ What/ taken/ the/? |  |
| 1. can/ more/ I/ about /find / Where/ research/ what/ do/ you/? |  |

* + 1. **Create two questions to ask Peter Attia**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Consider:

* + Are your questions used with congruence between the auxiliary and the conjugation of the main verb?
  + Is there an agreement between the subject and the verb?
  + Did you use correctly your spelling and punctuation?
    1. **CHART**

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| --- | --- | --- | --- |
| **Why does Peter Attia mention the woman with a diabetic ulcer on her foot?** | **What made Peter Attia change his thoughts about diabetic patients?** | **What are the three questions Peter Attia asks himself?** | **What is the sinister problem Attia suggests?** |
|  |  |  |  |

1. **Post-activity**
   1. **Now that you have listened Attia’s talk, make two questions you would like to ask him about his talk.**
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you can, send this question to Attia via his website <https://peterattiamd.com/>

* 1. **Evaluation:**

Answer the following questions

* + - 1. Could you write the questions asked during this unit?
      2. What was the most difficult?
      3. How can you make it easier?
      4. How much time did you dedicate to this unit?
      5. What did you learn?

For more practice about how to make questions visit:

<https://www.curso-ingles.com/aprender/cursos/nivel-intermedio/questions/constructing-questions>