Step 1 – Listening Interpretive Task:

*El uso excesivo de la tecnología aumenta la obesidad en adolescentes y jóvenes*

*Los efectos de la tecnología IPA*

**Antes de ver el video...**

Use a dictionary or the website [www.wordreference.com](http://www.wordreference.com) to look up the meaning of the words below. These are new words that will be used several times in the video.

8 No-Excuse Words/Phrases to Learn for the Unit

1. **el uso**

2. **el sedentarismo**

3. **la obesidad**

4. **la salud**

5. **el peso**

6. **la comida chatarra**

7. **empeorar**

8. **los aparatos**
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**Link to the video:** [www.youtube.com/watch?v=UWZRi7NKmhQ](http://www.youtube.com/watch?v=UWZRi7NKmhQ)

Watch the video about the excessive use of technology and its effects on one’s health.

Complete the interpretive tasks to help you learn more about how technology use has caused a lack of physical activity in Mexican adolescents.

**1. Key Words**

Check the words that you hear in the video.

Note: Not all the words are mentioned.

1. ___ móvil 
2. ___ al aire libre 
3. ___ informes 
4. ___ encuestas 
5. ___ mórbida 
6. ___ grave 
7. ___ computadora 
8. ___ pantalla 
9. ___ monitor 
10. ___ edad 
11. ___ inactivos 
12. ___ gastronomía 
13. ___ gimnasios 
14. ___ ejercicios 
15. ___ metas

**2. Main Idea**

Using information from the video, describe in English the main idea of the video.

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Nombre ______________________________________ Hora _________
3. Supporting Details

Circle the letter corresponding to the details included in the video. Using the lines provided, write in Spanish the information heard in the video.

Note: Not all of the details are included in the video.

a. Consequence of a sedentary lifestyle
b. Example of a physical activity one can do outside
c. How many Mexican adolescents are overweight
d. A type of food commonly consumed that contributes to obesity
e. Average number of hours spent in front of the television
f. What the experts recommend
g. What gyms are trying to help adolescents improve
h. Why it’s a good idea to work with a trainer

4. Organizational Features

How is the video organized? Choose the features that apply and explain briefly in English why you selected each feature.

1. Problem/Solution
2. Question and Answer
3. Storytelling
4. Cause/Effect
5. Pros/Cons
5. Guessing Meaning from Context

Using the context from the video, guess what these words and/or phrases might mean in English. The time in the video where the words and/or phrases are mentioned is in parentheses.

1. “rechazo a cualquier actividad física” (0:14) ___________________________
2. “el manejo de la computadora” (0:48) ___________________________
3. “los malos hábitos alimenticios” (1:05) ___________________________
4. “opciones enfocadas a mejorar la salud” (1:30) ___________________________

6. Inferences

“Listen between the lines” to answer the questions below. Justify your choices in English with evidence from the video.

1. Why do you think technology has this effect on people’s health?
   ___________________________
   ___________________________
   ___________________________

2. Why do you think young people today eat more junk food?
   ___________________________
   ___________________________
   ___________________________

3. What can young people do to stay healthy while still enjoying technology?
   ___________________________
   ___________________________
   ___________________________
7. Author’s Perspective/Purpose
Select the purpose of the video. Justify your answer in English with evidence from the video.

_____ Informative  _____ Historical  _____ Political
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

8. Comparing Cultural Perspectives
Answer in Spanish the following questions. Use evidence from the video to support your response.

1. ¿Cuántas horas por día pasas frente de una pantalla?
______________________________________________________________________
______________________________________________________________________

2. ¿Qué efecto ha tenido la tecnología en tu salud?
______________________________________________________________________
______________________________________________________________________

3. ¿Hay gimnasios o centros de recreo en tu comunidad que animan a los jóvenes a participar en actividades físicas?
______________________________________________________________________
______________________________________________________________________

9. Personal Reaction to the Video
Describe your personal reaction to the video. Write your response in Spanish and provide evidence from the video to support your reaction.

Reacción personal:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________