

4C: Blue Zones

Formato:	presentación oral
Duración:	5 mins
Trabajo:	en parejas
Esta tarea consiste en realizar una presentación oral en clase sobre nuestra <i>Blue Zone</i> .	

PREPARACIÓN

1. Do exercises in p.66-67
2. Read the texts again: Ikaria (p.190) and Nicoya (p.196)
3. Watch again the documentary: The Island of Okinawa.
4. What words and phrases can you remember from the article? Make a list.

food and drink	physical exercise

DESARROLLO

5. Imagine your own Blue Zone. Take notes about the following aspects:
 - a. What's its name?
 - b. Where is it?
 - c. What do people eat and drink?
 - d. What do they do after lunch?
 - e. When do they get up and go to bed? How long do they sleep?
 - f. Is your Blue Zone a safe place? How do you know?
 - g. Do they have a good social life?
 - h. Do they do exercise every day? What exercise do they do?
 - i. What do people call the island?
6. Write a text about your Blue Zone similar to the texts we read.
 - a. Remember: organize your ideas before you start writing and distribute the information in different paragraphs.
7. Prepare a Power Point presentation about your Blue Zone.
8. Prepare your speech:
 - a. Remember: You are not allowed to read!

TIPS

- No leas todo lo que vas a decir (se evalúa tu competencia oral)
- Habla despacio y vocaliza bien.
- Intenta introducir el vocabulario y la gramática específicos del tema.
- Busca la pronunciación de las palabras que desconozcas.
- Elabora diapositivas y/o materiales breves y concisos que ilustren tu presentación.