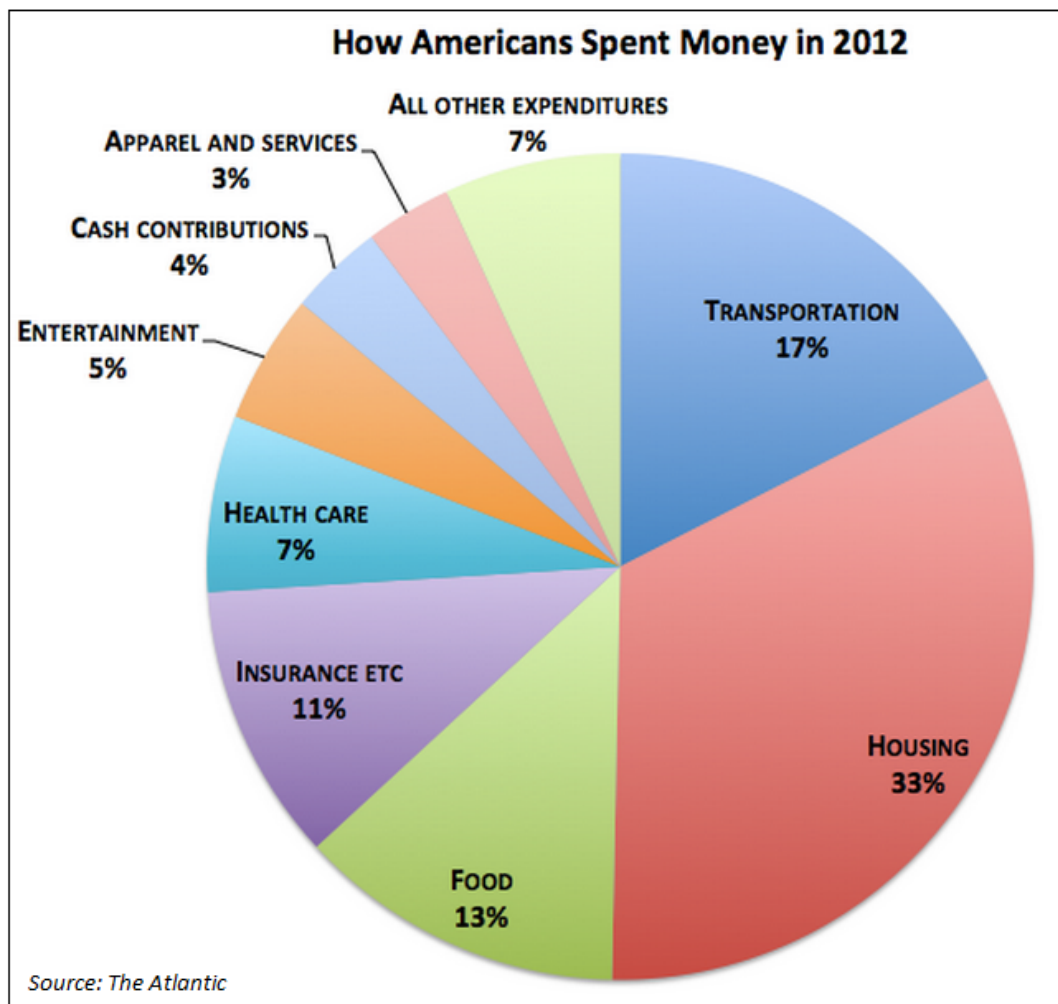


## Tarea 1

You and your classmates need to make an oral presentation about the economy in the USA. For this presentation, you have decided that you are going to present about how Americans have spent their money. Prepare your part of the presentation and interpret the information you can find in the pie chart below. Summarize this information in no more than 80 words.



**TASK:** Your workmate, who has been complaining about feeling tired all the time, asks you for help. Using information from the text below, write an *instant message* to your workmate telling him/her what he/she can do to feel better.

*"Feeling exhausted is so common that it has its own acronym, TATT, which stands for "tired all the time". We all feel tired from time to time. [...] But tiredness or exhaustion that goes on for a long time is not normal. It can affect your ability to get on and enjoy your life. Unexplained tiredness is one of the most common reasons for people to see their GP. [...]"*

*In today's 24/7 "always on" world, we often try to cram too much into our daily lives. And to try to stay on top of things, we sometimes consume too much alcohol or caffeine, or eat sugary and high- fat snacks on the go rather than sitting down for a proper meal. The main lifestyle causes of tiredness include:*

**Alcohol:** *Drinking too much interferes with the quality of your sleep. Stick to the guidelines of no more than 14 units a week for both men and women. [...]"*

**Exercise:** *Too much or too little exercise can affect how tired you feel. [...]"*

**Caffeine:** *Too much of this stimulant, found in tea, coffee, colas and energy drinks, can upset sleep and make you feel wound-up as well as tired. Try decaffeinated tea and coffee, or gradually cut out caffeine altogether.*

**Night shifts:** *Night workers often find they get tired more easily. This is more likely if the timing of the shifts keeps changing.*

**Daytime naps:** *If you're tired, you may nap during the day, which can make it more difficult to get a good night's sleep."*

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