



PROGRAMMA SVOLTO

MATERIA INGLESE

Classe 5E Servizi Socio Sanitari

– a.s. 2020-2021

UNIT 1 HEALTHY AGING

1. WHEN DOES OLD AGE BEGIN?

As people age, old age moves back

Definition of an older

Defining old

The last stage of life (photocopy) : ageing, maximum lifespan, longevity factors, gerontology, geriatrics, geriatric diseases

2. STAYING HEALTHY AS YOU AGE

Life changes

Myths about healthy aging

Tips for keeping the mind sharp

Tips for exercising

Tips for sleeping well

Tips for eating well.

UNIT 2 FOR A BETTER WORLD

1. **VIDEO YOUTUBE** “ Why do we need to change our food system”- An environmental program
Flipped classroom
2. **EDUC CIVICA: UDA EDUCAZIONE ALLA LEGALITA' E CONTRASTO ALLE MAFIE**
Definizione di legalità e violazione della legalità. Approfondimenti a scelta di casi / esempi di violazioni (Fraud- counterfeiting- copyright violation- privacy violation - doping, - Italian omertà). Importanza dell'educazione alla legalità. Sintesi dei Power Point individuali.
3. **CIVILISATION (fotocopia)**
Anne Frank's diary

UNIT 3 MINOR PROBLEMS AND MAJOR DISEASES IN OLD AGE

MINOR PROBLEMS IN OLD AGE

1. Depression in older adults

Depression and illness

Dementia vs. depression in the elderly

2. Age -related memory loss

3. Sleeps needs change with age

4. About falls

5. Aging and eyesight changes

Presbyopia: the aging eye Eye

cataract and glaucoma

6. Aging and smell loss and problems affecting taste

7. Age- related hearing problems

8. Urinary incontinence

MAJOR DISEASES IN OLD AGE

1. Alzheimer's disease

Definition, causes, stages,

symptoms

Treatments

2. Parkinson's disease

Definition, causes, symptoms

Treatments, additional problems

3. Cardiovascular disease

Atherosclerosis Heart

attack Ischemic stroke

Hemorrhagic stroke

UNIT 4 CARE SETTINGS

1. Long term care Care



provided at home

2. Aging services

Independent living retirement community

Assisted living facilities

Nursing homes

3. POWER POINT ABOUT THE TRAINING EXPERIENCE DURING THE 3RD YEAR OF VOCATIONAL SCHOOL. (lavoro individuale)

4. LETTER OF PRESENTATION

Inveruno, 31.05.2021

l'insegnante

Prof.ssa Rossella Bazzetta

Gli alunni:



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