

**ProЧИТка 14+:**



**«БОЛЬШИЕ  
ГОНКИ»**

# 1) Решение кейса (индивидуально)

РЕШЕНИЕ ЗАДАНИЙ, СОСТАВЛЕННЫХ РЕБЯТАМИ-СПЕЦИАЛИСТАМИ, ПО ОЦЕНКЕ ФУНКЦИОНАЛЬНОЙ ЧИТАТЕЛЬСКОЙ ГРАМОТНОСТИ.



## 2)Разбор кейса авторами; проверка выполнения кейса



**АВТОРЫ КЕЙСОВ  
ВЫСТУПАЮТ СО СВОИМИ  
ТЕКСТАМИ, ЗАДАНИЯМИ.  
САМОПРОВЕРКА**

## 4) Обсуждение группой "препятствий на трассе"



РЕБЯТА В ГРУППЕ ИЩУТ  
ЭЛЕМЕНТЫ УСЛОЖНЕНИЯ



2x2



# 5) Заполнение турнирной таблицы



# 6) Подведение итогов

## Игры







## Ребята о ProЧитке 14+



- Эти умения пригодятся в будущем (Даша)
- Это помогает вычитывать нужную информацию в любых текстах (Варя)
- Легче видеть нужную информацию (Дима)

# И мы пошли дальше!

## КЕЙСЫ НА АНГЛИЙСКОМ ЯЗЫКЕ

### Case «the impact of the computer on human health»

The impact of a computer on human health characterized by:

- permanent sitting position,
- high visual tension,
- monotonous repetitive loads on the hands,
- as well as nervous and emotional stress associated with the influence of the computer on the human psyche.

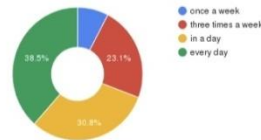
The danger of a computer to health is manifested in fact that the impact of these problems on human health is not immediately apparent, but only after some time.

The main factors that affect human health while working at a computer:

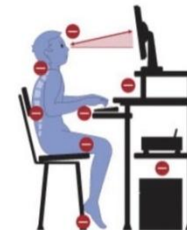
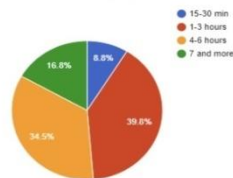
- monitor flickering (affects the eyes),
- electromagnetic radiation,
- noise (irritating),
- impact on the psyche,
- cramped pose (as in force on the spine),
- microclimate of the room (humidity, dustiness),
- operating mode (necessary breaks for rest).

To prevent respiratory diseases, it is necessary to ventilate the room where the computer is used several times a day and perform wet cleaning. It is advisable to use an ionizer (for example, a Chizhev chandelier).

To increase humidity, you can put an open container with water. It can be an aquarium with fish.



how much time do people spend on the computer



### Tasks

Read the text and complete the tasks for it

#### QUESTION 1

what affects your health?

- annoying noise
- dim light
- computer model
- having a cold now
- no right answer

#### QUESTION 2

what should I do for less harm to my health?

- change your posture, drink water;
- spend no more than 7 hours at the computer, ventilate the room;
- open other apps while working;
- do exercises

#### QUESTION 3

what is the correct technique?

- hanging from the elbows;
- your feet are completely on the floor;
- monitor above the horizontal line of view;
- true to 1 and 2;
- there is no correct answer

#### QUESTION 4

that is related to the wrong technique?

- the distance from the screen to the eyes is at least 50 cm;
- monitor above the line of sight;
- the spine is arched towards the line of the chair;
- your feet should be completely on the floor;
- chair and chair with a bend in the lower back;

#### QUESTION 5

how long do you not need to sit at the computer?

- 1) 10-12 hours
- 2) 4-6 hours
- 3) 2.5 hours
- 4) 7-8 hours
- 5) no right answer