



Programma svolto
a. s. 2021-2022

Classe: 5 AS

Materia: Lingua Inglese

Docente: Martina Sangiorgi

L'elenco che segue è stato letto dal docente ai delegati della classe

Elenco dei contenuti

LIBR DI TESTO: Growing into old age, CLITT; Ready for Invalsi Secondo Grado, OUP.

1. Language revision

2. Dealing with a Handicap

- Learning disabilities - Dyslexia, Dyscalculia, Dysgraphia
- DCDs
- Individualized Education Program (IEP)
- Autism, Down Syndrome, Epilepsy

3. Facing the Challenge

- Convention on the rights of persons with disabilities
- Children with Special Educational Needs (SEN)
- Education, Health and Care Plan (EHCP)
- The Children and Families Act 2014
- Inclusion in mainstream vs special needs schools

4. Growing Old

- Healthy aging
- When does old age begin?
- Staying healthy as you age
- Myths about healthy aging
- Tips for exercising, sleeping well, eating well
- A balanced nutrition
- Menopause and andropause

5. Minor problems of old age

- Depression in older adults and the elderly
- Dementia vs depression in the elderly
- Alcohol and depression in older adults
- Normal memory loss vs dementia
- Sleep needs change with age
- Aging and eyesight changes
- How aging affects skin
- Understanding malnutrition and under-nutrition
- Urinary incontinence
- Age-related hearing problems
- Aging changes in the bones, muscles and joints

6. Major Diseases

- Alzheimer's disease



- Treatments and FAQ
- Parkinson's disease
- Care settings
- Vision of the movie: *Ella and John*

7. Hot Issues (with English native speaking teacher)

- Addictions: drugs and alcohol

8. UDA Educazione civica

- The European Union: united in diversity; the institutions in the EU.
- UNHCR and the refugees (with English native speaking teacher)

9. Conversation class with mother tongue teacher:

- Communication at level A2/B1.

Cremona, 31 maggio 2022

Martina Sangiorgi