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| **10. MYTHS FALSE BELIEFS II** |
| **OBJECTIVES:**  Realize that there are things that we think are facts but behind them have a false science.  Identify habits that we or our relatives reproduce by fashion but that are harmful to health. |
| **RESOURCES:**  **PowerPoint 1**: [Physical Education Hydration](https://docs.google.com/presentation/d/1BsHb-VzZJ_of8rob9MkfQnxshPtd84ge/edit?usp=sharing&ouid=113198893944424149684&rtpof=true&sd=true)  **Activity 10:** [La importancia de la hidratación](https://es.liveworksheets.com/jn1564953mm)  **Activity 11:** [Hydration Worksheet](https://es.liveworksheets.com/jy2424814cj) |
| **MAIN PART:**  We will start by explaining the myths behind hydration, diets and fasting.  Then we will focus on energy drinks, which are fashionable among teenagers today, without knowing what consequences these can have on their bodies. We will use an attached PowerPoint 1.  **Activity 10 and 11:** Students must complete the form individually  Exercise: Make a poster where you explain the benefits of isotonic drinks, what a good hydration consists of when practicing physical activity and the negative consequences of hypertonic or energy drinks through an inquiry, accompanied by drawings. |
| **BONUS ACTIVITY:**  Choose a famous diet (dunkan, fasting, vegan, vegetarian…) and name its benefits and how they can be dangerous. Then make a critique and write down a manifest of 10 good eating habits. |