

HOW TO ENJOY A HAPPIER, HEALTHY FLIGHT



CODE 170

Fertigkeit	Lesen
Relevante(r) Deskriptor(en)	Deskriptor 3: Kann einfache alltägliche Anleitungen und Vorschriften verstehen. (A2)
Themenbereich(e)	Körper und Gesundheit
Zeitbedarf	12 Minuten
Länge des Lesetextes	Etwa 400 Wörter
Material- und Medienbedarf	Schreibmaterial
Besondere Bemerkungen, Hinweise zur Durchführung	---
Quelle	---



HOW TO ENJOY A HAPPIER, HEALTHIER FLIGHT

Read two texts (A and B) about how to enjoy a happier and healthier flight and do the two tasks that go with them.


Text A

Dress loose: Loose-fitting clothes are simply more comfortable in the air.

Drink up: Keeping your fluid levels up is probably the biggest favour you can do your body on a flight. So drink plenty of water – aim for one or two glasses an hour.

Be a sucker: The pop in your ears as your plane lands is caused by changing air pressure. Sucking sweets or chewing gum helps ...

Tick (✓) the sentence that best sums up what text A says.

-  Don't chew gum during a flight but drink lots of water and wear wide clothes.
- Don't drink a lot, but suck sweets and wear loose-fitting clothes.
- Don't wear your tight jeans but get a lot of water, and have some sweets or gum ready.
- Don't suck sweets but get a lot of water and put on tight-fitting clothes.



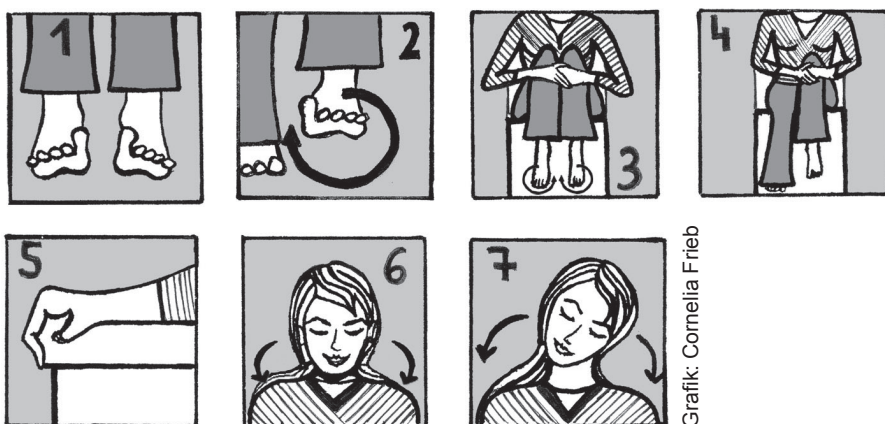
Text B

Read the text and match the pictures with the text.

Write the number of the picture into the box next to the text.

Be careful – there is one text that does NOT fit a picture!

Human beings aren't designed to sit in one position for long ... While you're in your chair, why not try some of our gentle exercises:



Gratik: Cornelia Frieß

Text B	Picture
One leg at a time, hold and support your knee, raise leg and hold for 10 seconds	
Rotate your left foot, first to the right and then to the left, holding for five seconds each time. Repeat with your right foot.	
Keep your heels on the floor and point toes upwards. Hold for five seconds. Then with your feet back on the floor, wiggle your toes.	
Sit up straight. Put both hands behind your neck, press hands forward and push your chin backwards at the same time. Hold for five seconds, repeat four times.	
Lean your head to one side, count to five, and repeat to the other side. Repeat five times.	
Relax your shoulders, and then roll them in a circular motion. Repeat five times.	
Lift both your ankles, then slowly rotate each ankle four or five times each way.	
Grip the end of your armrest, hold for five seconds and relax. Repeat four times.	



Text A

Choose the sentence that best sums up what text A says.

- Don't chew gum during a flight but drink lots of water and wear wide clothes.
- Don't drink a lot, but suck sweets and wear loose-fitting clothes.
- Don't wear your tight jeans but get a lot of water, and have some sweets or gum ready.
- Don't suck sweets but get a lot of water and put on tight-fitting clothes.

Text B

Text B	Picture
One leg at a time, hold and support your knee, raise leg and hold for 10 seconds	4
Rotate your left foot, first to the right and then to the left, holding for five seconds each time. Repeat with your right foot.	2
Keep your heels on the floor and point toes upwards. Hold for five seconds. Then with your feet back on the floor, wiggle your toes.	1
Sit up straight. Put both hands behind your neck, press hands forward and push your chin backwards at the same time. Hold for five seconds, repeat four times.	–
Lean your head to one side, count to five, and repeat to the other side. Repeat five times.	7
Relax your shoulders, and then roll them in a circular motion. Repeat five times.	6
Lift both your ankles, then slowly rotate each ankle four or five times each way.	3
Grip the end of your armrest, hold for five seconds and relax. Repeat four times.	5