

APZ Cabeleireira - Ação 20/Coimbra

Designação da UFCD - 6660 Problemas do Mundo Atual

Ficha de trabalho N° 1 - Life Style - Addiction

O/a Formando/a:

Date: \_\_\_\_\_

**1- Identify NINE types of addiction in the word puzzle and complete the diagram:**

G	A	M	R	T	I	K	L	O	V
B	A	L	O	H	O	C	L	A	I
S	M	M	O	D	R	U	G	S	D
F	O	O	B	L	I	N	G	E	E
O	T	A	A	L	S	R	U	O	O
O	I	N	G	P	I	L	L	S	G
D	I	N	T	E	R	N	E	T	A
D	R	O	G	S	P	L	G	A	M
V	S	H	O	P	P	I	N	G	E
S	M	O	K	I	N	G	P	I	S



**2- Read the sentences additions. Are they correct or incorrect?**

	yes	no
a. Addiction only involves smoking, taking drugs and alcohol.		
b. You have an addiction when it becomes the most important activity in your life or the way you improve your mood.		
c. Making healthy choices in your life is the best way to prevent addictions.		
d. An addiction is not a disease.		
e. It's easy to control consumption of addictive substances and addictive behaviours.		


### 3- Unscramble the letters to find synonyms of the adjectives ADDICTED

A) PEDENDTEN \_\_\_\_\_ on... C) KEDHOO \_\_\_\_\_ on...

B) SICOMVEPUL \_\_\_\_\_ D) SEDSESOB \_\_\_\_\_ with...

### 4- Read the following text and answer:

**Text A** **DEMI LOVATO TALKS ABOUT DRUGS AND ADDICTION**



After spending her teens battling personal issues, singer and actress Demi Lovato faced up to her addictions and eating disorder. Now in recovery, she tells us why she thinks she can be an example of hope to the next generation.

It was a shocking revelation – particularly because it came from the lips of a former Disney princess. Demi appeared to be the girl with a golden future; instead she had grown into a troubled young woman with an eating disorder, and alcohol and drug dependency.

Now that she has admitted her problem, she feels that a huge weight has been lifted from her shoulders. “When you are no longer hiding anything, you don’t care who knows about your life.” “Addiction is a disease,” she continued. “Please, spread the word, so we can take the taboo out of discussing this illness and raise awareness in people of all ages.”

As for her eating disorder, that is one day at a time. “It’s about eating what is good for your body, even when you don’t want to, and not letting those voices get inside your head,” she says.

She concludes: “It’s being able to feel normal in this world that is not normal at all.”

<http://www.dailymail.co.uk/home/you/article-2705447/Demi-Lovato-Drugs-numbed-My-life-shambles.html>  
(abridged and adapted), accessed in August 2014

Complete the sentences about text A.

- a. Demi's revelation was a shock because .....
- b. She talked about her problem to .....

Mark the sentences Correct (C) or Incorrect (I) according to the texts.

- ☐ a. Demi Lovato went into rehab and is now free from addictive substances and behaviours.
- ☐ b. She wants to inspire other people with the same problems.
- ☐ c. Her goal is to fit into the world she lives in.

Complete the sentences about text A.

- a. Demi's revelation was a shock because .....
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