

PROCESO DE GESTIÓN DE FORMACIÓN PROFESIONAL INTEGRAL

FORMATO TALLER – EVIDENCIA DE APRENDIZAJE

Programa de formación GESTIÓN DE LA PRODUCCIÓN INDUSTRIAL	Ficha 3172000	Grupo 47TGPIN	Competencia Interactuar en lengua inglesa de forma oral y escrita dentro de contextos sociales y laborales
Evidencia Evidencia 3. Health and wellness at work			Fecha 06 / MAY / 2026

EVIDENCIA 3: HEALTH AND WELLNESS AT WORK

Modalidad: Sincrónica virtual

Descripción: Elaborar una ficha escrita a mano sobre salud y bienestar en el trabajo, en la que el aprendiz identifique partes del cuerpo, síntomas, problemas de salud y emociones frecuentes en contextos laborales. Además, deberá redactar recomendaciones básicas para prevenir o atender estas situaciones.

Temas: Body parts, health problems, feelings and emotions, should, must, have to.

Evidencia: Ficha manuscrita en inglés + recomendaciones escritas + entrega en PDF por Google Classroom.

Recursos de apoyo para estudiar antes de empezar

- British Council – Have to, must and should for obligation and advice:
<https://learnenglishteens.britishcouncil.org/grammar/a1-a2-grammar/have-must-should-obligation-advice>
- Recomendación: lea la explicación, observe el diálogo y haga los ejercicios interactivos antes de desarrollar el taller.

1. Presentación del tema

En esta evidencia el objetivo es aprender a describir malestares, emociones y recomendaciones de salud en el trabajo. Para hacerlo bien, no basta con memorizar palabras: también hay que saber cuándo dar un consejo, cuándo expresar una obligación y cuándo decir que algo está prohibido o que no es necesario.

Presentación dinámica del tema – conversación guiada

Aprendiz: Profe, me confundo con should, must y have to. ¿Todos significan lo mismo?

Instructor: No exactamente. Los tres hablan de necesidad o consejo, pero no se usan igual.

Aprendiz: Entonces, ¿cuándo uso should?

Instructor: Use should para dar consejos o sugerencias. En español sería 'deberías'. Ejemplo: You should drink water during the shift.

Aprendiz: ¿Y must?

Instructor: Use must para una obligación fuerte o una regla muy importante. En español puede entenderse como 'debes' o 'tienes que', pero con idea de obligación fuerte. Ejemplo: Workers must wear protective equipment.

Aprendiz: ¿Y have to?

Instructor: Use have to para una obligación externa: una norma, una instrucción, una situación o una condición del trabajo. Ejemplo: You have to report an accident to the supervisor.

Aprendiz: ¿Entonces must y have to son parecidos?

Instructor: Sí, en afirmativo son parecidos. La diferencia principal es que must suena más fuerte o más personal, y have to suele usarse para reglas o necesidades externas.

Aprendiz: ¿Y en negativo?

Instructor: Aquí está la diferencia más importante: mustn't = prohibición. Don't have to = no es obligatorio. Compare: You mustn't run in the plant. / You don't have to stay after the shift if your work is finished.

Aprendiz: ¿Should también tiene negativo?

Instructor: Sí. Shouldn't se usa para decir que algo no es una buena idea. Ejemplo: You shouldn't lift that box alone.

Aprendiz: ¿Cambian con he o she?

Instructor: Have to sí cambia: he has to, she has to. Must y should no cambian. Ejemplo: She has to wear gloves. / She must be careful. / She should take a break.

Resumen claro y fácil

Estructura	Uso en español	Ejemplo en contexto laboral
should	consejo o recomendación	You should take a break.
must	obligación fuerte o regla importante	Workers must wear helmets.
have to / has to	obligación por regla, instrucción o situación externa	She has to report the incident.
mustn't	prohibición	You mustn't smoke in the plant.
don't have to / doesn't have to	no es obligatorio	You don't have to stay if the task is complete.

Vocabulario útil para esta evidencia

Body parts / Partes del cuerpo	Health problems, feelings and emotions / Problemas de salud, sentimientos y emociones
head, neck, shoulder, elbow, hand, back, knee, foot	headache, back pain, cough, fever, sore throat, tired, stressed, dizzy
stomach, arm, leg, eye, forehead, nails, calf, thigh	hungry, sleepy, nervous, lonely, angry, upset, scared, thirsty

2. Práctica guiada

Desarrolle esta parte primero. Los ejercicios combinan actividades tomadas o adaptadas de la guía principal y ejercicios inspirados en la página de British Council.

A. Match the body parts with the correct translation. (Adapted from the guide)

1. shoulder ____ a. pie
2. knee ____ b. hombro
3. stomach ____ c. rodilla
4. hand ____ d. estómago
5. foot ____ e. mano

B. Choose the correct health problem. (Adapted from the guide)

1. If a worker carries many heavy boxes and now his back hurts, he has: headache / back pain / fever
2. If a person cannot stop coughing, he has: cough / stress / toothache
3. If a worker feels very hot and weak, he has: fever / sadness / hunger

4. If your throat hurts after working in the cold, you have: sore throat / back pain / fear
5. If your stomach hurts after lunch, you have: stomachache / cough / anger

C. Complete the sentences with a feeling or emotion. (Taken from the guide)

Options: angry, busy, hungry, jealous, lonely, nervous, scared, sleepy, thirsty, upset

- a. If a person has a job interview, he probably feels _____.
- b. If a person watches a movie about a serial killer and he is home alone, he feels _____.
- c. If a person does not eat for 48 hours, he probably feels _____.
- d. If a person has two jobs and no time to relax, he probably feels _____.
- e. If a person cannot keep his eyes open, he probably feels _____.

D. Grammar check – group the sentences. (Inspired by the British Council page)

Write each sentence in the correct category: advice / obligation / prohibition / no obligation.

1. You should drink more water.
2. Workers must wear safety goggles.
3. You mustn't enter the laboratory without permission.
4. You don't have to come on Sunday.
5. She has to tell the supervisor.
6. You shouldn't lift that box alone.

Advice: _____

Obligation: _____

Prohibition: _____

No obligation: _____

E. Complete with should, must, have to, mustn't or don't have to. (Inspired by the British Council page)

1. If you feel dizzy, you _____ sit down and ask for help.
2. In this area, workers _____ wear gloves and a mask.
3. You _____ touch hot equipment without protection.
4. Today is a short shift, so you _____ stay after 4:00 p.m.
5. A new employee _____ follow the safety induction before starting work.
6. If your back hurts, you _____ carry heavy boxes by yourself.

F. Order the words to make correct sentences. (Inspired by the British Council page)

1. should / take / break / a / you

2. must / workers / helmets / wear
3. has to / she / report / accident / the
4. mustn't / here / you / smoke
5. don't have to / they / today / come / early

G. Giving advice. Write one recommendation for each situation. (Adapted from the guide)

1. I have a headache after working in front of the computer. What should I do?

2. I feel stressed because I have many tasks and no time to relax. What should I do?

3. I need to stay healthy during my work shift. What should I do?

3. Práctica libre – descripción de la evidencia

Elaborar una ficha escrita a mano sobre salud y bienestar en el trabajo, en la que el aprendiz identifique partes del cuerpo, síntomas, problemas de salud y emociones frecuentes en contextos laborales. Además, deberá redactar recomendaciones básicas para prevenir o atender estas situaciones.

Entregable de la evidencia

- One handwritten health and wellness card in English.
- The card must include vocabulary about body parts, health problems and feelings.
- It must also include written recommendations using should, must and have to.
- The final work must be scanned or photographed clearly and uploaded as one PDF in Google Classroom.

Instrucciones

1. First, study the presentation and the support resource from British Council.
2. Then complete the guided practice in your notebook or on blank paper.
3. After that, create the final handwritten card in English.
4. Imagine one simple workplace situation. For example: a worker in the warehouse, a lab assistant, a packaging operator or a person in the production area.
5. Describe the body parts affected, the symptoms or health problems, and the feelings of the worker.
6. Write recommendations to improve the situation using should, must and have to.
7. Organize your information with a clear title and short sections.
8. Upload the complete handwritten work in PDF to Google Classroom.

Mandatory language requirements

- Include at least 8 body parts.
- Include at least 6 symptoms or health problems.
- Include at least 4 feelings or emotions.
- Write at least 8 recommendations using should, must or have to.
- Use complete sentences in English.
- Present the information clearly and neatly by hand.

Clear example of the evidence

Example title: Occupational health card – Packaging area worker

Section	Example
Worker and place	Laura works in the packaging area.
Body parts affected	She has pain in her back, shoulders and hands.
Health problems	She also has a headache and feels tired.
Feelings	She feels stressed and sleepy after the long shift.
Recommendations	She should take short breaks and stretch. She must wear the correct protective equipment. She has to drink water and inform the supervisor if the pain continues.

Short sample paragraph:

Laura works in the packaging area. She has pain in her back, shoulders and hands. She also has a headache and she feels tired and stressed. She should take short breaks and stretch during the shift. She must wear the correct protective equipment. She has to drink water and inform the supervisor if the pain continues.

4. Criterios de valoración

- Accurate use of vocabulary related to body parts, health problems and feelings.
- Correct use of should, must and have to.
- Clear organization of the information in the final handwritten card.
- Legibility, neat presentation and complete development of the task.
- Relevant recommendations for health and wellness in the workplace.

Observation for the apprentice: First complete the guided exercises. Then use that practice to create your final handwritten evidence. Your final product is not a copied list of words; it must be an organized health and wellness card in English.