CONECTORES

Collagen

Collagen is the most abundant protein in the human body, and it plays a fundamental role in maintaining structure and strength. First of all, collagen forms the main component of connective tissues such as skin, tendons, ligaments, and bones. It provides firmness and elasticity; therefore, it helps the body resist stretching and mechanical stress.

In addition, collagen supports the skin by keeping it smooth and hydrated. When we are young, our bodies produce large amounts of collagen, and the skin looks tight and healthy. However, as we age, collagen production decreases, and wrinkles begin to appear. For this reason, many people use creams or supplements that are believed to stimulate collagen synthesis. Although these products can improve skin appearance, their effectiveness may vary from person to person.

Collagen also plays an essential role in the healing process. When the skin is injured, collagen fibers are produced to repair the damaged tissue. As a result, wounds can close properly, and new tissue is formed. If the body did not produce enough collagen, healing would be slower and less effective. In some medical treatments, collagen is even used to support tissue regeneration because it can be absorbed naturally by the body.

Moreover, collagen contributes to bone strength. While calcium is often highlighted as the main mineral in bones, collagen provides the flexible framework on which minerals are deposited. Consequently, bones are both strong and slightly flexible. Without collagen, bones would become brittle and could break more easily.

Scientists have studied collagen for many years, and they are still discovering new functions. Researchers have found that collagen can influence joint health, and it may reduce pain in people with certain conditions. At present, many studies are being conducted to understand how collagen supplements affect the body over time.

In conclusion, collagen is essential for structure, protection, and repair. It supports the skin, strengthens bones, and helps wounds heal. Because of its many functions, collagen must be produced continuously by the body. Therefore, maintaining a healthy lifestyle, including a balanced diet and proper hydration, can help support natural collagen production.

1. <u>Traduzca las siguientes frases y ubíquelas en el texto</u>.

Frase en inglés	Traducción
healing process	
damaged tissue	
tissue regeneration	

bone strength	
joint health	

2. Busca y resalta en el texto los siguientes conectores.

First of all – therefore – In addition – However – For this reason – Although – As a result – because – Moreover – While – Consequently – At present – In conclusion – Therefore

3. Completa el cuadro con la traducción de las frases (conectores) y la idea que transmiten.

Posibles ideas que transmiten los conectores:
adición – contraste – causa – consecuencia – conclusión – tiempo/actualidad – secuencia/orden – concesión – comparación

Fragmento del texto	Traducción	Idea que transmite
First of all, collagen forms the main component of connective tissues…		
It provides firmness and elasticity; therefore, it helps the body resist stretching and mechanical stress.		
In addition, collagen supports the skin by keeping it smooth and hydrated.		
However, as we age, collagen production decreases…		
For this reason, many people use creams or supplements…		
Although these products can improve skin appearance, their effectiveness may vary…		
As a result, wounds can close properly…		
…because it can be absorbed naturally by the body.		
Moreover, collagen contributes to bone strength.		
While calcium is often highlighted as the main mineral in bones…		
Consequently, bones are both strong and slightly flexible.		

At present, many studies are being conducted…		
In conclusion, collagen is essential for structure, protection, and repair.		
Therefore, maintaining a healthy lifestyle… can help support natural collagen production.		

4. Responda, en español, las siguientes preguntas sobre el texto.

a) ¿Qué función cumple el colágeno en el cuerpo humano?

_____

b) ¿Cuáles son algunos de los tejidos conectivos principales formados por colágeno?

_____

c) ¿Qué función cumple el colágeno durante el proceso de curación?

_____

d) ¿Qué podría ocurrir si el cuerpo no produjera suficiente colágeno?

_____

e) ¿Qué han descubierto los investigadores sobre el colágeno y la salud de las articulaciones?

_____

f) ¿Qué hábitos pueden favorecer la producción natural de colágeno?

_____

5. Indique si las siguientes afirmaciones son Verdaderas (V) o Falsas (F). Justifique las falsas.

a) El colágeno es una proteína poco abundante en el cuerpo humano. ____

Justificación: _____

b) El colágeno ayuda a mantener la piel firme e hidratada. ____

Justificación: _____

c) La producción de colágeno aumenta con la edad. ____

Justificación: _____

d) El calcio es el único componente importante de los huesos. ____

Justificación: _____

e) Actualmente no existen estudios sobre suplementos de colágeno. ____

Justificación: _____

6. Complete las oraciones con el conector correcto.

however – therefore – because – moreover – although – as a result – in addition

a. Collagen keeps the skin firm; _____, it helps resist stretching.

b. Many people use collagen supplements _____ they want to improve skin appearance.

c. _____ collagen is beneficial, its effects may vary from person to person.

d. Collagen contributes to bone strength; _____, it supports healing.

e. The body produces less collagen with age; _____, wrinkles begin to appear.

f. The skin was injured; _____, collagen fibers were produced.

g. Collagen supports the skin. _____, it helps maintain hydration.