



"BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

8

Level

A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de trabajo permite a sus hijo(a)s repasar conceptos relacionados con la alimentación saludable. Con este propósito, la guía le permitirá repasar vocabulario relacionado con estos temas, así como usar el inglés para expresar diferentes acciones para el cuidado de su cuerpo. Su hijo(a) deberá dedicar una hora para el desarrollo de la guía. Aunque las actividades aquí propuestas están basadas en el libro *Way to Go! 7mo Grado*, el cual está disponible en la página Colombia Aprende, su hijo(a) puede realizarlas solo utilizando esta guía. A continuación, describimos las actividades que su hijo(a) deberá desarrollar:

1. Actividad 1: Es una actividad de vocabulario en donde su hijo(a) debe llenar un cuadro, clasificando las comidas en un grupo de nutrientes.
2. Actividad 2: En esta actividad su hijo(a) deberá leer el artículo en forma de diálogo (**Consulta al nutricionista**) para luego, emparejar algunas comidas con sus nutrientes y beneficios
3. Actividad 3: En esta actividad su hijo debe escribir un post en Facebook, donde explique los nutrientes de cada porción de comida.
4. Actividad 4: Su hijo(a) debe redactar los beneficios de alimentarse saludable y balanceadamente.

WELCOME TO THIS SELF-STUDY GUIDE

This self-study guide allows you to practice talking about the different ways in which you can eat better. The activities you will find here are based on the book *Way to Go! 7th Grade, Module 1, Unit 2, page 45*. The guide starts with two charts to classify foods and nutrients to help you remember some vocabulary. Then it continues with a reading exercise. After that, you will demonstrate your understanding of the reading by matching foods, nutrients and benefits. Finally, you will post on Facebook, with a healthy food photo to describe the nutrients.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy diet	Reading Writing	Modals of advice: can/can't, should/shouldn't	food	Giving advice about healthy eating habits

GET READY

Study time needed: 1 hour	Resources: <i>Dictionary</i>	Textbooks Links: Way to go student's book page 48 https://drive.google.com/file/d/1C_Ez_knz9NiFWocewZJ0_blrpp8O-uoF/view?usp=sharing
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LEARNING OBJECTIVES	LEARNING STRATEGIES
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<p><i>What will you learn/practise/reinforce with these activities?</i></p> <ul style="list-style-type: none"> To ask for and give information about eating habits. To make suggestions about eating habits. To give information about the nutritional value and health benefits of food. 	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> Read the instructions for each task carefully. Look at the examples given in bold to help you understand the activity. Look at the extra resources to help you with meaning, pronunciation and extra ideas. Write in your notebook any "new" words and their meaning in English and an example that will help you to remember and use it in the future.
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ACTIVITIES

1. LANGUAGE TASKS (10 minutes)

VOCABULARY: Food group: classify each food group into the nutrients they provide

Activity: 1

FOOD
↓

FRUIT	CHICKEN	DAIRY PRODUCTS	SWEETS
BREAD	YOGHURT	EGGS	SOME FISHES
MEAT	STARCHES	CEREALS	MILK
CEREALS	GRAIN	DRIED BEANS	
VEGETABLES	NUTS	OLIVE OIL	

Proteins	Fiber	Vitamins	Carbohydrates	Fats
MEAT				

2. SKILLS TASKS

READING: (15 minutes)

Activity: 2

Read the text below and then match the food group with its benefits and then with the recommendations.

Food group

Benefits

Recommendations

1. Protein
2. Vitamins and minerals
3. Fibre
4. Carbohydrates
5. Fats

- a. helps the body digest food
- b. help the body absorb minerals and store energy
- c. increases your body mass: helps your muscles to grow
- d. help you grow properly and fight diseases
- e. give your body energy

A	Eat two to three portion everyday
B	Eat two portion every day
C	Eat four to five portion every day
D	Eat one portion every day
E	Eat four portion every day

GRAMMAR: should and shouldn't

You **should eat** fruit every day.
You **shouldn't drink** too much soda.

COMPLETE THE FOLLOWING RULES:

We use _____ to make suggestions and give advice on things that are good for us.

We use _____ to express things that are not good.

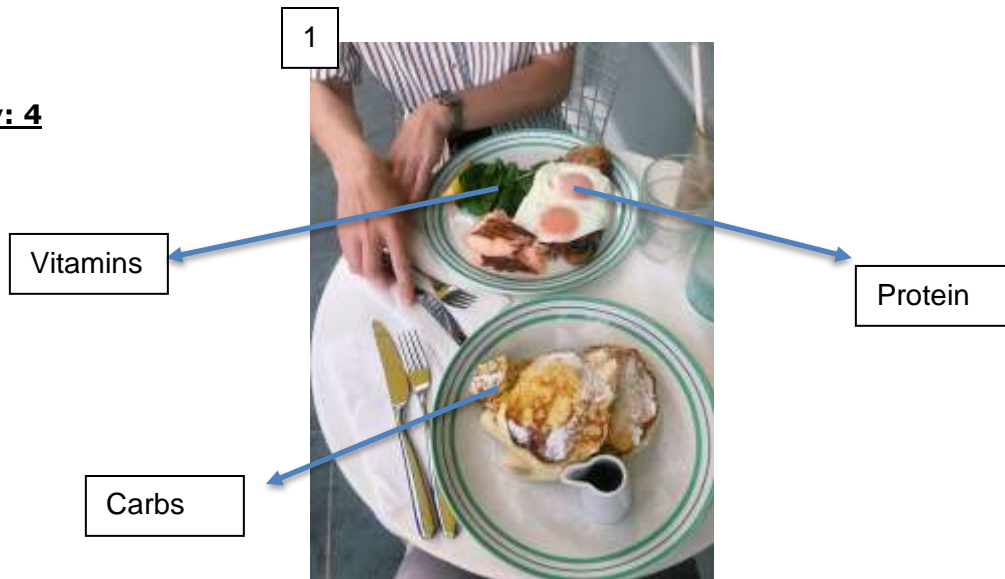
WRITING: (20 minutes)

Activity: 3

Write a post on Facebook describing the nutrients of healthy foods (You can post by using a real photo of a healthy food you prepared at home)

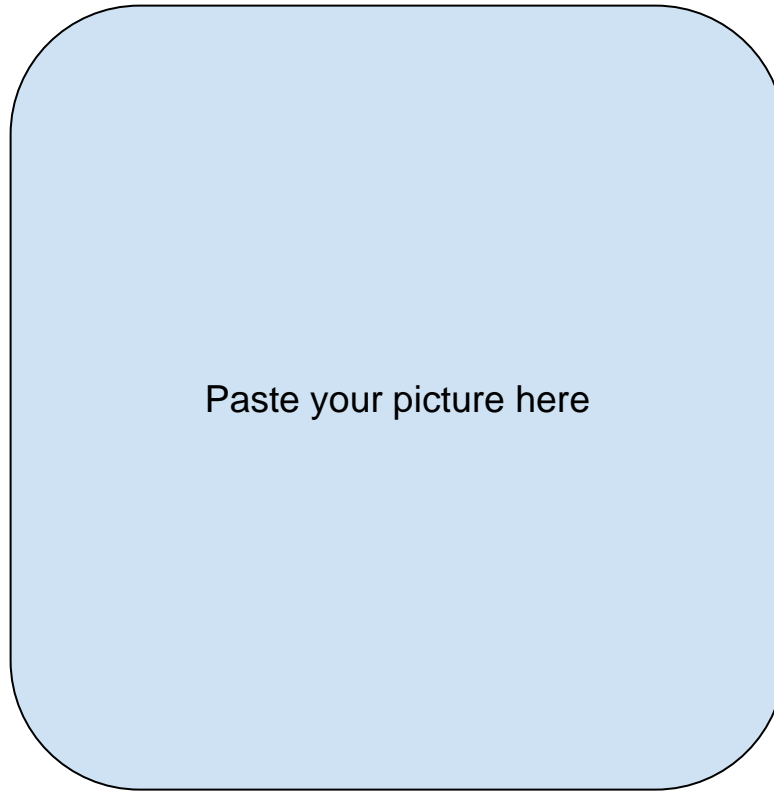
Example:

Activity: 4






Explain the benefits of consuming healthy and balanced food on your post.

POST:



3. ASSESSMENT TASKS (5 minutes)

Based on what you did, answer the following self-assessment chart. Tick your answer.

	2 Excellent 	3 Good 	4 Needs improvement 
Check your progress...			
I can ask for and give information about eating habits.			
I can make suggestions about eating habits.			

THIS IS THE END

Congratulations! You are doing a great job. You must continue practicing the new vocabulary and expressions to talk about healthy foods. Check the following useful resources to strengthen learning. Finally, take care of your health by eating balanced food.

USEFUL RESOURCES

Healthy tips:

<https://www.youtube.com/watch?v=6pnYcUQahGM>

Useful dictionary

<https://dictionary.cambridge.org/es/diccionario/ingles/bill>

ANSWER KEY

Actividad 1

PROTEIN	FIBRES	VITAMINS	CARBOHYDRATES	FATS
Meat, eggs, milk Dried beans, yogurt	Dried beans, vegetables	Vegetables	Bread, grain, Starche	Olive oil, some fishes

Actividad 2

1	C	C
2	D	B
3	A	A
4	E	E
5	B	D

We use ***shouldn't*** to make suggestions and give advice on things that are good for us.

We use ***shouldn't*** to express things that are not good.

Una vez que su hijo(a) haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permitan verificar el proceso de aprendizaje:

- ¿Qué actividad te gustó más y por qué?
- ¿Cuál actividad no te gustó y por qué?
- Muéstrame las palabras nuevas que aprendiste.
- ¿Qué aprendiste sobre comida saludable?
- ¿Cuánto tiempo te demoraste desarrollando la guía?
- ¿Qué recursos usaste para desarrollar la guía?

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A healthy balanced diet includes foods that give you a variety of nutrients: proteins, vitamins and minerals, carbohydrates, fats and also fibre.



- | | |
|--------------------------|---|
| 1. Protein | a. helps the body digest food |
| 2. Vitamins and minerals | b. help the body absorb minerals and store energy |
| 3. Fibre | c. increases your body mass: helps your muscles to grow |
| 4. Carbohydrates | d. help you grow properly and fight diseases |
| 5. Fats | e. give your body energy |

6. **Read»** Read the chart and match the nutrients (1-5) with the types of food (a-e).

	Nutrient	Types of Food
	1. Protein: Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
	2. Vitamins and minerals: Eat four to five portions every day.	b. bread, starches (potatoes, rice, pasta), sweets
	3. Fibre: Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
	4. Carbohydrates: Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
	5. Fats: Eat one portion every day.	e. cereals and whole grain

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