



## "BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

8th

Level

A1

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de aprendizaje del área de inglés, fue diseñada con el fin de que su hijo(a) pueda repasar vocabulario de alimentos y alimentación saludable, teniendo en cuenta los cinco grupos alimenticios y aprender a cómo dar recomendaciones sobre buenos hábitos alimenticios. Su hijo deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona con las páginas 61 y 62 del libro "Way to Go 8", que está disponible en la página de Colombia Aprende. Se adjunta la página del libro al final de la guía para quienes no tienen acceso a internet.

- La actividad 1 son dos ejercicios de vocabulario en inglés sobre alimentos.
- La actividad 2 invita a analizar las palabras usadas para dar recomendaciones sobre alimentación saludable. Para esto su hijo debe referirse al ejercicio 4 de la página 61 y desarrollar las preguntas.
- La actividad 3 consiste en escribir 3 recomendaciones más para tener una alimentación saludable y desarrollar el ejercicio 6 de la página 62.
- La actividad 4 es una autoevaluación que debe realizarse su hijo para reflexionar sobre su trabajo y qué tanto aprendió.

Además, se ofrecen recursos adicionales que sirven de apoyo para el desarrollo de la guía, las respuestas para que los estudiantes se guíen.

Agradecemos su colaboración y apoyo para que su hijo(a) complete las actividades indicadas. Al final encontrará unas preguntas de verificación del aprendizaje para que se las realicen a sus hijos.

### WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you to practice giving suggestions in written form. All the activities are related to the topic of food groups and good eating habits, presented in way to go student book 8, Module 2, unit 2. It works on the vocabulary related to food groups and imperatives to give suggestions, focused on reading and writing skills. You will be asked to write a healthy recipe and give some suggestions to help people to have a healthy life.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy food	Lexical competence and reading	Simple present Imperatives	Food and food groups	Talking about the five food groups and giving advice about healthy food

### GET READY

<b>Study time needed:</b>  <b>1 hour</b>	<b>Resources:</b> <i>English dictionary, notebook, pencil, colors, PDF file of Way to go book 8.</i>	<b>Textbooks Links:</b> - <i>Way to go book 8, Module 2, unit 2, lesson 1, page 61 exercise 4, page 62 exercise 6.</i> <a href="http://aprende.colombiaaprende.edu.co/es/node/94010">http://aprende.colombiaaprende.edu.co/es/node/94010</a>
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### LEARNING OBJECTIVES

<p><i>What will you learn/practise/reinforce with these activities?</i></p> <ul style="list-style-type: none"> <li>• To identify the five food groups</li> <li>• To describe the ingredients of a dish</li> <li>• To give advice about good nutrition</li> </ul>
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### LEARNING STRATEGIES

<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> <li>• Read the instructions for each task carefully.</li> <li>• Use a dictionary or a dictionary app if possible to listen to the pronunciation of the new words.</li> <li>• Try to use the dictionary only when necessary, try to use your prior knowledge about the topic and infer the meaning of the words based on the context and the pictures.</li> <li>• Take note of the things you learnt with this guide.</li> </ul>
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# ACTIVITIES

## 1. LANGUAGE TASKS (15 minutes)

A. Read the descriptions. Write the name of the food. Use the vocabulary from the box.

a. Bread - b. banana - c. Cheese - d. **chicken** - e. cherry - f. carrots - g. hot dog - h. egg - i. sugar - j. milk -

1. I´m a small red round fruit. I grow on trees.
2. I´m a kind of meat that comes from a bird.
3. Rabbits just love this vegetable.
4. I´m a long yellow fruit.
5. Eat us fried, boiled or scrambled.
6. Children like me with their cereals, Cats just love me.
7. I´m yellow and people like me on their pizza.
8. I´m a popular fast food with a sausage in the middle.
9. I´m white and I make your coffee sweet.
10. You need me to make a sandwich or a toast.

\_\_\_\_\_

\_\_\_\_\_ **d. chicken** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Now classify the vocabulary above into the five food groups. (5 minutes)

Fruit and vegetables	Meat and eggs	Fats and sugary food	Dairy products	Bread. Cereals and potatoes



## 2. SKILLS TASKS (20 minutes)

### READING

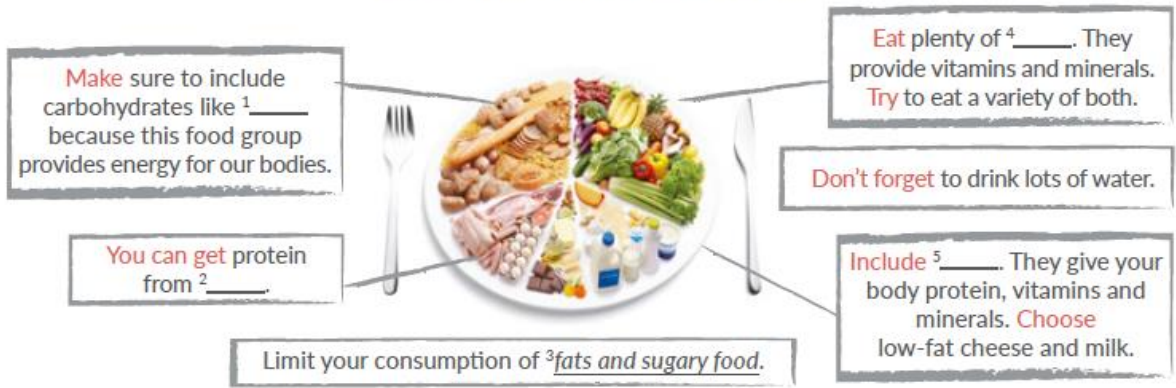
a. Look at the Way to go student book, page 62 exercise 4.

4.  **Read** » Read this nutrition advice. Complete the text with words from the Word Bank.

**Word Bank**

bread, cereals and potatoes	meat and eggs	fats and sugary food
fruit and vegetables	dairy products	

### THE FIVE FOOD GROUPS



b. This exercise shows the five food groups and it offers advice about healthy eating habits. Which is the first word in each advice?

1. **Make sure**      2. \_\_\_\_\_      3. \_\_\_\_\_      4. \_\_\_\_\_
5. \_\_\_\_\_      6. \_\_\_\_\_

c. Do you know the five food groups? Can you describe them?

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D. Now complete the text with the words from the word bank.

**Word Bank**

bread, cereals and potatoes    meat and eggs    *fats and sugary food*  
 fruit and vegetables    dairy products

### THE FIVE FOOD GROUPS



D. Compare your answers with the answer box at the end of this guide.

### 3. WRITING (15 minutes)

A. Think of three more suggestions for good nutrition, following the advice given in the reading exercise.

Example: Drink at least 8 glasses of water per day.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

B. Research some different food and complete the chart below.

Sources of vitamins and minerals	Sources of protein	Sources of carbohydrates	Sources of fibre
	<i>Meat, eggs</i>		



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C. Write a recipe for a healthy dish. Follow the example.

**EXAMPLE:**

Tuna salad



Ingredients:

1 can of tuna

Lettuce

½ Onion

½ Celery

1 Tomato




Mayonnaise

Procedure: Chop all the ingredients in very small pieces. Open the can of tuna and mix all the ingredients, add mayo to your taste.

**NOW YOU:**



#### 4. ASSESSMENT TASKS (10 minutes)

CHECK YOUR PROGRESS!				Discuss with your parents, then answer the questions below
	VERY WELL	QUITE WELL	WITH DIFFICULTY	
I can identify vocabulary related to the five food groups				How many words did you learn? _____
I can give advice about healthy eating habits.				Which healthy eating habit?

### THIS IS THE END

Congratulations! You have completed the guide, good job! Continue reviewing and practicing the vocabulary about food and giving advice to other people about healthy eating habits. You can practice by using the following resources. Take care of yourself!

### USEFUL RESOURCES

Online English dictionary: <https://www.wordreference.com/>

Vocabulary about food: <https://learnenglishkids.britishcouncil.org/es/category/topics/food>

Grammar imperatives for advice: <https://www.englisch-hilfen.de/en/exercises/various/imperative.htm>



**ANSWER KEY**

1. Vocabulary task

A. 1. E 2. D 3. F 4. B 5. H 6. J 7. C 8. G 9. I 10. A

B.

Fruit and vegetables	Meat and eggs	Fats and sugary food	Dairy products	Bread, cereals and potatoes
Banana	egg	Hot dog	Cheese	Bread
cherry		Sugar	Milk	
Carrots				

2. B. 2. You can get 3. Limit 4. Eat 5. Don't forget 6. Include, choose

D. 1. Bread, cereals and potatoes 2. Meat and eggs 4. Fruit and vegetables 5. Dairy products

3. B suggested answers:

Source of vitamins and minerals	Sources of carbohydrates	Sources of fibre
Bananas Carrots	Potatoes Yuca	Oat

**ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA**

Una vez su hijo o hija haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permiten verificar el proceso de aprendizaje

- ¿Cuál fue la actividad que más te gustó y cuál fue la actividad que te pareció más difícil?
- Enséñame cómo se dicen en inglés algunos de los objetos de los alimentos que aprendiste.
- Enséñame cómo se dan recomendaciones en inglés.
- ¿Cuánto tiempo te tomó desarrollar toda la guía?
- ¿Qué recursos utilizaste?

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Way to go student book, page 62, exercise 4.

## module 2 // Unit 2

4. **Read** » Read this nutrition advice. Complete the text with words from the Word Bank.

**Word Bank**

bread, cereals and potatoes    meat and eggs    *fats and sugary food*  
 fruit and vegetables    dairy products

### THE FIVE FOOD GROUPS



28 5. **Listen** » Listen to a teacher talking about nutrition. Match the nutrients A-E with the parts of the body.


**Word Bank**

heart    teeth    muscles    eyes    skin    intestines    brain    bones x2


A These need vitamins and minerals to function properly. \_\_\_\_\_



Way to go student book, page 63, exercise 6

**6.  Write »** Research some different foods and make notes in the chart.

Sources of vitamins and minerals	Sources of protein	Sources of carbohydrates	Sources of fibre
	Meat, eggs		

**7.  Read »** Read the guidelines for good nutrition. Match them with the questions in the survey.

Guideline 1: Drink plenty of water

Guideline 3: Measure your portions

Guideline 2: Choose fresh, natural food

Guideline 4: Don't skip breakfast

**STUDENT NUTRITION SURVEY**

- How often do you eat breakfast?
  - I always eat breakfast.
  - I sometimes skip breakfast and I feel very hungry during the morning.
  - I never eat breakfast because I never feel hungry very early in the morning.
- How much do you eat?
  - I eat regular portions. If I feel full, I stop eating.
  - I eat a lot. I am never full.
  - It depends. I eat small portions but I'm always eating.
- How many glasses of water do you drink a day?
  - I drink 3-4 glasses.
  - I drink 1 or 2 glasses.
  - I never drink water.
- What kind of food do you prefer?
  - I like fresh food like fruit and vegetables.
  - I like snacks like biscuits and potato crisps.
  - I like fast food like hot dogs and pizza at weekends.