



“BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

7th

Level

A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de aprendizaje de inglés para el trabajo en casa se preparó con el fin de ayudar a su hijo(a) a repasar vocabulario relacionado con las comidas, a mejorar su comprensión lectora y a reflexionar sobre la importancia de una dieta saludable para el autocuidado y el de la familia. Su hijo(a) deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona con las páginas 86 ejercicio 1 y 91 ejercicio 4 del libro English Please 1 Student Book que está disponible en la plataforma Colombia Aprende.

- En la actividad 1 su hijo(a) debe escribir el nombre del alimento debajo de la imagen.
- La actividad 2 consiste en mirar la imagen de la nevera y escribir todas las oraciones que pueda diciendo cuáles alimentos le gustan y cuáles no.
- La actividad 3 invita a realizar un proceso de comprensión lectora literal similar al formato de comprensión lectora de la prueba nacional Saber 11. El/la estudiante empleará el vocabulario revisado en esta guía de aprendizaje y sus conocimientos previos para hacer un ejercicio de relación, luego 5 preguntas para escoger la respuesta correcta y se termina con dos preguntas de reflexión sobre la dieta saludable.
- En la actividad 4, su hijo(a) debe desarrollar una autoevaluación de su propio aprendizaje.

Además de los enlaces al material y la descripción de las actividades se presentan ejemplos de las actividades, las respuestas correctas y recursos adicionales de apoyo.

Agradecemos su colaboración supervisando que su hijo(a) complete las actividades indicadas.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you practise vocabulary about food and improve your lexical, reading and writing skills. All the activities are related to the topic of food, likes, dislikes and healthy diet presented in English Please 1 Student book page 86, exercise 1 and page 91, exercise 4. It starts with some vocabulary, then you have to write sentences about your likes and dislikes and end up reading a short text about a healthy diet and check your comprehension about it.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Food for a balanced diet	Reading & Writing	I like / I don't like	Healthy food	Giving instructions Talk about diet

GET READY

Study time needed: 1 hour	Resources: <i>English dictionary, notebook, pencil, book or PDF file of "English Please 1 Student Book".</i>	Textbooks Links: - English Please 1 Student Book. Page 86, exercise 1. - English Please 1 Student Book. Page 91, exercise 4.
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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"> • To express likes and dislikes about food. • To describe favorite food using simple phrases and sentences previously rehearsed. • To describe how healthy an eating habit is.
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LEARNING STRATEGIES

<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> • Grouping words by putting them together in groups that make sense. • Guided writing based on images to write sentences. • Learning vocabulary themes related to food. • Top-down reading using what students know to understand new written information. • Skimming to search for specific information quickly.
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ACTIVITIES

1. VOCABULARY TASKS (10 minutes)

Match the words from the bank with the pictures. Write the correct word in the corresponding image as in the example.

Chocolate bar. Apple. Tomato. Banana. Bread. Chicken. **Cookie**. Coffee. Watermelon. Fish. Strawberry. Grapes. Lemon. Cake. Pineapple. Pear.



1. **Cookie** 2. _____ 3. _____ 4. _____ 5. _____



6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____



12. _____ 13. _____ 14. _____ 15. _____ 16. _____

2. WRITING ACTIVITY (20 minutes)

Look at the fridge. Write sentences to describe what is your favorite food. Use I like / I don't like. Write as many sentences as you can. *Look at the example.*



Ex. I like water, I don't like tomatoes...



3. READING ACTIVITY (25 minutes)

A. Read and scan the text and match the questions a-d to the paragraphs.

- a. How much sugar do you need every day?
- b. How many meals do you need every day?

- c. How much water do you need every day?
- d. How much fruit do you need every day?

What is a healthy diet?

(1) _____

Doctors say, we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.

(2) _____

Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organised by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.

(3) _____

People have different opinions about how much is required. Some people drink just one glass with their meal, others drink six glasses throughout the day, and other people drink it all day long. The truth is that we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.

(4) _____

You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

B. Read the text again and choose the correct option.

1. How many meals do you need to have a day?

- a. Six small meals
- b. Six big meals
- c. Three big meals

2. How much fruit do you need a day?

- a. None (zero)
- b. One or three portions
- c. Three to five portions

3. How much water do you need?

- a. One glass
- b. One litre
- c. 10 glasses

4. How much sugar do you need?

- a. Your body doesn't need sugar
- b. Your body needs small quantities
- c. Your body needs big quantities

5. Find these words in the text and match them to the definitions.

Doctors glass natural supermarket

- a. A place to buy food and another products
- b. A container of liquids
- c. Not artificial
- d. Professionals who are trained to treat ill people

6. Based on the reading try to infer information. Put true (T) or false (F)

	T	F
a. People must eat a healthy diet.		
b. Healthy food implies replacing real food for processed food.		
c. Eating habits vary from a person to another.		
d. To keep healthy we need to stay hydrated.		

7. Why is it important to drink water during the day?

8. Describe how a healthy diet is?



4. SELF ASSESSMENT (5 minutes)

Put a tick (✓) in front of each statement.

What can I do?				Talk to your parents about what you can do. Answer the questions.
I can say the food I like and I don't like.				What was the activity I like the most? _____
I can write simple sentences about my favorite food.				_____ _____
I can talk about the importance of healthy food.				Why is it important to have healthy diet habits? _____
I can understand the main idea of a simple text.				_____ _____

THIS IS THE END

Dear student, you have solved this guide and you have shown how much you can do, congratulations! You can practice at home by saying the food you like and you don't like. You can check other useful resources to improve your learning as well. Don't forget what you have learned about healthy eating habits and practice it.

USEFUL RESOURCES

English/Spanish Dictionary

<https://dictionary.cambridge.org/dictionary/english-spanish/>

Review "like and don't like" and play a game about it.

<https://learnenglishkids.britishcouncil.org/grammar-practice/and-dont>

Watch a video about healthy food

<https://youtu.be/fE8lezHs19s>

ANSWER KEY

1. 1. Cookie, 2. Chicken, 3. Coffee, 4. Fish, 5. Watermelon, 6. Strawberry, 7. Chocolate, 8. Cake, 9. Tomato, 10. Grapes, 11. Lemon, 12. Banana, 13. Pineapple, 14. Apple, 15. Pear, 16. Bread

3. A. (a-4), (b-1), (c-3), (d-2). B.(1-c), (2-c), (3-b), (4-a), 5(Doctor-d), (Glass-b), (Natural-c), (Supermarket-a). 6. a. (T) b. (F) c. (T) d. (T)



ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo(a) 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?
- Dime cómo se dice en Inglés: Me gusta el queso, Me gusta la carne, me gustan los huevos; No me gustan los vegetales, no me gusta la cebolla.
- ¿Qué recursos utilizas?
- ¿Cuánto tiempo te tomó desarrollar toda la guía?
- ¿Por qué es importante alimentarse bien y tomar agua?

Gracias por su acompañamiento y apoyo.

AUTHOR(S)

Name	Nury Basto Cerinza	Fabián Gildardo Santiago Moreno	Elsa Cristina Molina Cruz
Email	nurybastocerinza2@gmail.com	fabiansantiago1342@gmail.com	elcy200721@yahoo.es
School	I.E.D TÉCNICO INDUSTRIAL DE TOCANCIPÁ	I.E.D. TECNOLÓGICO DE MADRID	I.E.D SANTA MARÍA UBATÉ