



"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

La presente guía de trabajo le permite al estudiante familiarizarse con el vocabulario relacionado con algunos hábitos saludables, comidas, nutrientes y proteínas e higiene personal como por ejemplo, la comida que les gusta, platos típicos de Colombia entre otras actividades además de cómo utilizar el inglés para leer y escribir oraciones en presente simple. El estudiante tendrá que dedicar una hora para el desarrollo de la guía.

Todas las actividades aquí propuestas están basadas en el libro "Way to Go 7to Grado", el cual está disponible en la página Colombia Aprende, el estudiante puede realizarlas solo utilizando esta guía, sin embargo, se adjuntó al final de la guía las páginas del libro.

Me permito darle a conocer las actividades que su hijo(a) desarrollará:

1. La primera actividad consiste en encontrar en una sopa de letras 11 palabras relacionadas con ciertos alimentos que contienen proteínas y diferentes nutrientes. Luego seleccionar cinco de esas palabras halladas en la sopa de letras y escribir oraciones simples teniendo como guía el ejemplo suministrado
2. En la segunda actividad debe tener en cuenta el cuadro de nutrientes y comidas y unir con colores la relación que tienen entre los mismos, de acuerdo con los componentes de los tipos de alimentos mostrados en el cuadro.
3. En el tercer ejercicio debe escribir frente a los platos típicos Tamal y Sancocho sus componentes nutricionales teniendo en cuenta el ejemplo del plato típico de un desayuno paisa.
4. En el cuarto ejercicio debe tener en cuenta y observar el plato típico Sancocho sus diferentes y variados componentes, las oraciones expuestas como ejemplo; para luego observar el plato típico bandeja paisa, sus componentes para posteriormente escribir oraciones simples con sus ingredientes.
5. En el quinto ejercicio debe leer cuidadosamente un pequeño texto y contestar cinco preguntas de comprensión de lectura y cuatro de relacionadas con la gramática del idioma inglés.
6. En el sexto ejercicio el estudiante debe tener en cuenta el mismo texto anterior como modelo para luego escribir y describir su plato típico favorito en un párrafo corto.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you know vocabulary about personal care, habits, food and physical activities, sentences in simple present tense. All the proposed activities are related with "Way to Go 7th" Student Book, Module 1, unit 2 "I Can take care of my body". Then, there are five different activities to do, learn and enjoy, Student must read carefully taking into account the instructions and examples. At



the end of the guide you will find the answer key to contrast your answers with the correct ones. You can do it!

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Students personal care.	Writing Reading	Simple present tense and questions.	Habits, foods, and physical activities.	Describing personal habits, diets, and physical activities people do in order to be healthy.

GET READY

Study time needed: 1 hour	Resources: Notebook, pencil, eraser, Students book: Way to go, dictionary.	Textbooks Links: https://drive.google.com/file/d/1C_Ez_knz9NiFWocewZJ0_blrpp8O-uoF/view Module 1- Unit 2- lesson 1. Pag. 20,21
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LEARNING OBJECTIVES	LEARNING STRATEGIES
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<p><i>What will you learn/practice /reinforce with these activities?</i></p> <ul style="list-style-type: none"> To identify vocabulary about personal habits, food, and physical activity. To use simple present to talk about personal habits, diets, and physical activity. To use CAN to express abilities and possibilities. 	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> Read carefully the instructions to understand how develop the activities. Look at the examples these will help you answer the activities in a better way. If you do not understand a word please look for it in your dictionary, then draw a picture about the meaning of the word or if you prefer write the synonym of the word. Think about more actions students to be healthy and draw them in your notebook.
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ACTIVITIES

VOCABULARY (25 minutes)

- Find in the puzzle next words: chicken, fibre, eggs, protein, bread, milk, meat, vitamins, cheese, carbohydrates, fish.

O	U	L	B	C	B	R	E	A	D	P	A	I	N
P	V	I	T	A	M	I	N	S	B	S	G	G	E
R	S	X	M	I	L	K	P	L	Y	D	U	H	P
O	C	A	R	B	O	H	Y	D	R	A	T	E	S
T	V	F	I	S	H	O	U	S	E	S	T	H	W
E	K	O	C	H	E	E	S	E	M	E	A	T	V



I	O	I	E	E	C	S	N	E	K	C	I	H	C
N	M	Z	Q	F	I	B	R	E	D	J	S	A	F

Now choose five words you found in the puzzle and write a sentence including the word chosen.

Example:

Chicken: I eat chicken two times a week it is delicious.

_____ :

_____ :

_____ :

_____ :

_____ :

2. Look at the chart below and match the nutrients (1-5) with the types of food (a-e). Use colours to match them.

Example: Nutrient (1) with type of food (C) = 1-C

	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

3. Look at the typical Colombian dishes (a-c), then write the nutrients (1-6) in front of Tamal and Sancocho platters. In the chart below you will find some ideas that will help you to write more complete information. Look at the example.

- Proteins helps increases your body mass, helps your muscles to grow.
- Vitamins and minerals help you grow properly and fight diseases
- Fibre helps the body digest food
- Carbohydrates give your body energy
- Fats help the body to absorb minerals and store energy



Observe the next typical Colombian dish. It's called Sancocho.

- The Sancocho has pieces of chicken or hen which help our muscles to grow.
- The sancocho has pieces of corn
- The sancocho has pieces of potatoes
- The sancocho has pieces of yucca
- The sancocho has garlic
- The sancocho has onios and coriander

Now look below a Bandeja paisa dish.

Ingredients: Beans, fried egg, chicharron, meat, fried banana, avocado and fried chorizo.

Write the foods that contain this delicious paisa dish.

Now write some sentences describing the ingredients and nutrients this dish has.



Bandeja paisa has a fried egg which it is a great protein.....

READING ACTIVITY (15 minutes)

4. Read the short text and answer the questions.

My favourite typical dish is a 'paisa' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and use it when I do exercise. My grandmother makes great 'calentao' which has carbohydrates, fats and protein; the proteins make my muscles grow.



Final task activity!



- What is the boy favourite breakfast?
 - A. Hot Chocolate and cheese
 - B. A paisa breakfast
 - C. Scrambled eggs
- What is the boy talking about?
 - A. Breakfast
 - B. Lunch
 - C. Dinner
- How does the boy's body use the energy than his body stored after eating breakfast?
 - A. Do exercise
 - B. Do a homework list
 - C. Do a reading
- His favourite drink is?
 - A. Orange juice
 - B. Chocolate milk
 - C. Milk
- Who does prepare a great "calentao"?
 - A. His Mother
 - B. His grandmother
 - C. His girlfriend

5. Read the previous text again in activity 5. Then answer next questions:

- The text is written in?
 - A. Present
 - B. Past
 - C. Future
- This boy is talking about?
 - A. Actions at the moment of the speaking
 - B. Futures plans
 - C. Routines-preference
- In the sentence " My grandmother makes a great calentao" Why does the verb has an "s" at the end of the verb?
 - A. Because the sentence is written in present progressive tense
 - B. Because the sentence is written in simple present tense third singular person
 - C. Because the sentence is written in present perfect tense




- In the next sentence: "I love arepas" and they give me a lots of energy, Why the verb "love" is not modify?
 - A. Because the sentence is written in simple present tense first person
 - B. Because the sentence is written in simple present continuous tense
 - C. Because the sentence is written in present perfect tense

WRITING ACTIVITY (15 Minutes)

6. Write about your favourite dish. Look at the next model.

My favourite typical dish is a 'paises' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and use it when I do exercise. My grandmother makes great 'calentao' which has carbohydrates, fats and protein; the proteins make my muscles grow.



Final task activity!

ASSESSMENT TASKS (5 minutes)

7. Check your progress. Write a "X" in each box based on what you learnt

I CAN IDENTIFY VOCABULARY RELATED TO LIKES AND PREFERENCE

Very well	
Quite Well	
With difficulty	



I CAN WRITE SENTENCES EXPRESSING MY FOOD PREFERENCES

Very well	
Quite well	
With difficulty	

THIS IS THE END

Congratulations, great job. Continue practicing the vocabulary about food nutrients and food preferences. You can check the useful resources as well.

USEFUL RESOURCES

Online English dictionary:

<https://dictionary.cambridge.org/dictionary/>

Food preferences video:

<https://www.youtube.com/watch?v=lq23ljZ-eK8>

Food preferences exercises:

<https://agendaweb.org/vocabulary/food-exercises.html>

ANSWER KEY

1. chicken, fibre, eggs, protein, bread, milk, meat, vitamins, cheese, carbohydrates, fish.
2.
1-c
2-a
3-e
4-b
5-d
3. Answers will vary
4. B, A, A, B, B
5. A, C, B, A
6. Answers will vary

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Estimado padre/ madre de familia y/o acudiente, una vez su hijo haya finalizado el trabajo en la guía por favor pregúntele lo siguiente:

- A. ¿Cuál actividad le gusto más?
- B. ¿Cuál actividad le pareció más difícil de realizar?
- C. ¿Puede decirme algunos deportes en inglés?
- D. ¿Escríbame algunas oraciones de las que aprendió hacer en inglés en esta guía?
- E. Cuánto tiempo le tomó desarrollar la guía



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AUTHOR(S)

Name	William González		
Email	William_cecil@hotmail.com		
School	I.E. Técnica Jaime Campos jácome		



module 1 // Unit 2

3. Write » Answer the questions.

1. Do you have a shower every day? *Yes, I do. / No, I don't.*
2. Does your best friend get enough sleep? *Yes, he (she) does. / No, he (she) doesn't.*
3. Does your teacher drink lots of water?
4. Do your classmates eat a balanced diet?
5. Do you wash your hair regularly?
6. Does your partner keep his/her nails short?

4. Speak » With a partner talk about the things you can do to have a healthy life.



7 5. Listen » Listen to a nutritionist explaining what a healthy balanced diet is and why it's important. Match the nutrients (1-5) with their functions (a-e).

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



MODULE # 1 Unit // 2 Lesson // 1

7. **Speak** » Copy the chart and then play Tic Tac Toe with a partner.

Which foods give you protein?	How many portions of protein do you need a day?	What nutrients are in vegetables and fruit?
How many portions of fruit and vegetables do you need a day?	Which foods give you fibre?	How many portions of fibre do you need a day?
Which foods contain carbohydrates?	How many servings of carbohydrates do you need a day?	What nutrients are in some fish and vegetables?

Which foods give you protein?

Meat, chicken, fish, dried beans, eggs and nuts



8. **Write** » Look at the typical Colombian dishes (a-c) and label them with the nutrients (1-6) they provide.

a. A palsa breakfast



A bowl of chocolate milk – nutrients: *carbohydrates, fats*
Arepas – nutrients: *carbohydrates*
Calentao – nutrients: *carbohydrates, protein, fats*

b. Tamal



Corn – nutrients: ¹...
Meat – nutrients: ²...
Peas and carrots – nutrients: ³...

c. Sancocho



Meat and chicken – nutrients: ⁴...
Plantain, yucca, potato – nutrients: ⁵...
Onion and coriander – nutrients: ⁶...

9. **Speak** » Give a short presentation to your class about the nutrients in your favourite typical dish and why they are good for you.

My favourite typical dish is a 'palsa' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and use it when I do exercise. My grandmother makes great 'calentao' which has carbohydrates, fats and protein; the proteins make my muscles grow.



Final task activity!