

“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 aprendizaje de inglés para el trabajo en casa se preparó con el fin de ayudar a su hijo o hija a repasar vocabulario sobre desórdenes alimenticios y a aprender a describir un desorden alimenticio.

Su hijo (a) deberá dedicar 1 hora y 20 minutos para desarrollar toda la guía. El trabajo aquí descrito se relaciona con las páginas 50-51 del libro del estudiante Way to Go 8° y la página 17 del libro de trabajo Way to Go 8°, que están disponibles en la plataforma Colombia Aprende. Se adjuntan las páginas del libro al final de la guía para quienes no tienen acceso a internet.

-La actividad 1 Vocabulario: el estudiante tiene que unir las fotos con las frases que hablan de los posibles desórdenes alimenticios.

-La actividad 2 Listening: el estudiante debe escuchar el audio de la conversación entre Jaime y Andrea acerca de Nicolás, completando el texto con algunas frases vistas de la actividad anterior. Haciendo un repaso de vocabulario.

-La actividad 3 : el estudiante debe mirar la información acerca de los desórdenes alimenticios y etiquetar las fotos con el correcto desorden alimenticio.

-La actividad 4 : el estudiante debe leer la información del ejercicio anterior y completar el texto con el correcto desorden alimenticio.

-La actividad 5 Writing: el estudiante debe describir los síntomas y el desorden alimenticio que se da en las imágenes, haciendo uso de las expresiones y el vocabulario visto en los ejercicios anteriores. Puede guiarse del texto de la actividad anterior.

-La actividad 6 Reading: el estudiante debe leer el texto relacionado con la temática y responder las preguntas de acuerdo a la información específica que se encuentra en el texto.

-La actividad 7: el estudiante evalúa su trabajo de acuerdo a los parámetros establecidos.

En todas las actividades se ofrecen ejemplos, las respuestas correctas y recursos adicionales de



apoyo. Agradecemos su colaboración supervisando que su hijo(a) complete las actividades indicadas. Al final, ustedes encontrarán una serie de preguntas de verificación de lo que su hijo(a) aprendió mediante el desarrollo de esta guía.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you describe eating disorders and identify general and specific information in a short text. All the activities are related to eating disorders. It is presented in Way to Go Student Book 8, Module 2 unit 1 Lesson 1 page 50 Exercise 1, and page 51 Exercises 4 and 5. Also, in Way to Go Workbook 8, Module 2 unit 1 Lesson 1 page 17 exercises 1-2. It starts with an activity of vocabulary. You must match some pictures with some signs of possible eating disorders. Then, there is a listening exercise with the vocabulary seen. Then, you must look at the information and label the photos. After that, you must read the last information and complete the text with an eating disorder. Later you must describe an eating disorder using the photos, the useful expressions and the vocabulary Study. Then a reading about the topic with questions related with the text. Finally, you must evaluate your work.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Health issues	Reading, Writing and listening.	Present simple	Eating disorders	Describe Eating disorders

GET READY

Study time needed 1 hour and 20 minutes	Resources: <i>English dictionary, notebook, pencil, PDF file of Way to go Student and Work Book 8.</i>	Textbooks Links: <i>-Way to Go Student Book 8, Module 2 unit 1 Lesson 1 page 50 Exercise 1 page 51 Exercises 4-5</i> <i>-Way to Go Work Book 8, Module 2 unit 1 Lesson 1 page 17 Exercises 1-2</i>
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LEARNING OBJECTIVES

LEARNING STRATEGIES

What will you learn/practice/reinforce with these activities?

- To identify vocabulary related to eating habits.
- To describe an eating disorder.

What can you do to achieve the objectives?

- Read the text underline the vocabulary unknown.
- Look at the examples given.
- Use the English dictionary to search the words unknown.
- Use notes to summarize short texts.
- Use the expression to write the text.



- To identify general and specific information in a short text written in simple language.

ACTIVITIES

1. Vocabulary task (10 minutes)

Look at the poster. Match the photos (a-e) with the phrases.



eats too little

eats in secret

worries too much about their weight

can't control their eating

vomits after eating

Do you care about your friends?
 These are some symptoms or signs of a possible eating disorder. If your friend ...

- a. eats in secret
- b. _____
- c. _____
- d. _____
- e. _____

... he/she may have an eating disorder!

1

2. Listening (10 minutes)

You are going to listen to the conversation between Jaime and Andrea talking about the eating disorder Nicolas. Pay attention: Which one do you think they are going to mention?

Andrea thinks that Nicolas never eats in secret, but sometimes he _____ . In Jaime's opinion, he usually _____. Also, he often _____ .



3. Look at the information about eating disorders, and complete the photo labels with the correct disorder. (10 Minutes)

Eating Disorders - Important Signs For:		
Anorexia	Bulimia	Binge-Eating
<ul style="list-style-type: none"> • eating very little food • having an obsession with losing weight • severe weight loss and very low body weight 	<ul style="list-style-type: none"> • binge-eating followed by frequent trips to toilet to vomit • having an obsession with body weight • exercising too much 	<ul style="list-style-type: none"> • eating in secret • having no control of how much food he/she eats • gaining weight or obesity



2

4. Read the description about people suffering from an eating disorder. Can you identify it? Complete the sentences with the correct eating disorder. (10 minutes)

1 Lately, Jenny has lost a lot of weight. She hardly eats any food because she thinks she is fat, but in reality she is very skinny. Maybe she suffers from _____.

3 Maria Paola has put on weight lately, I don't think she can control what she eats. I often see her eating in secret when she thinks no one is watching. I think she suffers from _____.

2 Tomás is really thin, but he eats a lot. In fact sometimes he eats so much food that he feels uncomfortable. I have also noticed that he always goes to the toilet a couple of times after eating. It is possible that he suffers from _____.

3

5. Writing (20 minutes)

Write a short paragraph about an eating disorder. Describe the symptoms and eating disorder seen in the pictures. Use the expressions below and follow the short texts from the previous exercise.



Useful expression
 Lately
 Actually
 In fact
 I have also noticed that
 I think that
 Put on weight
 Suffer from
 It is possible that

6. READING (20 Minutes)

It is the International Week of Eating Disorders at Kennedy School. The school has created a webpage to inform students about the activities. Read the webpage and answer questions a-d.

- a. There's a health fair at the school. When is it? **Example:** From 2nd to 9th June.
- b. Where can you find information about being overweight in Colombia? _____
- c. Where can you find information about the symptoms of anorexia? _____
- d. How can you contact a health specialist? _____

Kennedy School International Week of Eating Disorders

HEALTH NEWS
 Health Ministry reports half the population of Colombia is overweight.
 Do you often have headaches? Do you feel low in energy? Are you worried about obesity? Get a health check! Read more: Colombianews.com


Doctor speaking!
 What is an eating disorder? Talk to the health specialist!
 Telephone: 364-555-896

HEALTH CHECKLISTS
 Not sure if your friend has an eating disorder? Use these checklists to find out.
Helping you prevent: Anorexia, Bulimia, Binge-eating




Join us! Show you care!
 Health Fair 2nd-9th June
 Special events! Healthy recipes! Active life workshops!
 Talks, competitions, concerts ... and more!

EATING DISORDERS – REAL STORIES!
 Read Claudia and Nicolás's stories about recovering from eating disorders.

The Digital Storytelling Project
 Share your personal stories to work out problems together.



7. Evaluate your work (5 minutes)

<u>Check your progress!</u>	 8 Very well	 9 Quite well	 10 With difficulty	<u>Answer the questions</u>
I can describe an eating disorder				1. How many new words did you learn? _____
I can find general and specific information in a short text.				2. What eating disorder do you have? _____
I Can identify some words through active listening				3. What issues did you have when listening to the audio? _____

THIS IS THE END

Congratulations, you can get wonderful goals. Continue practicing the vocabulary related to eating disorders and doing exercises to find general and specific information in a text. You can check the useful resources as well. Finally, take care of yourself with an eating disorder.

USEFUL RESOURCES

Online English Spanish dictionary <https://dictionary.cambridge.org/es/diccionario/ingles-espanol/>

APP English Spanish dictionary
[WordReference \(play store\)](#)

Vocabulary about eating disorder
[Way to Go Workbook 8 page 51 Exercise 4](#)

Test about eating disorder
https://es.educaplay.com/recursos-educativos/1906160-eating_disorders.html

ANSWER KEY

1. a. eats in secret. b. vomits after eating. c. cannot control their eating.
d. eats too little. e. worries too much about their weight
2. A. eats in secret. b. Can't control his eating c. worries too much about his weight.
d. Vomits after eating
- 3.a. Binge eating b. Anorexia c. Bulimia
- 4.1. Anorexia
2. Bulimia
3. Binge eating
5. **Example:** Victoria is obsessed with her appearance. I think that she eats very little. In fact, she is very worried about losing weight. She suffers from Anorexia.
6. a. From June 2nd to 9th
b. Colombianews.com
c. The checklist: Helping you prevent: Anorexia Bulimia Binge-eating
d. Telephone: 364-555-896

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

- 1 ¿Cuál fue la actividad que más te gustó y cuál fue la actividad que te pareció más difícil?
- 2 Enséñame cómo se dicen en inglés algunos signos de desórdenes alimenticios.
- 3 Describame una de las fotos que aparecen en la actividad de vocabulario relacionada con los desórdenes alimenticios.
- 4 ¿Cuánto tiempo te tomó desarrollar toda la guía?
- 5 ¿Qué recursos utilizaste?

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LINKS OF IMAGES

1. Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Bogotá D.C. – Colombia. P.51. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.
2. Image retrieved from Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Workbook. Bogotá D.C. – Colombia. P.17. Retrieved from www.colombiaaprende.edu.co/colombiabilingue with a free for commercial use license.
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Annexes

Lesson 1 » I'm Interested in My Health!

1. Look at the information about eating disorders, and complete the photo labels with the correct disorder.

Eating Disorders - Important Signs For:		
Anorexia	Bulimia	Binge-Eating
<ul style="list-style-type: none"> • eating very little food • having an obsession with losing weight • severe weight loss and very low body weight 	<ul style="list-style-type: none"> • binge-eating followed by frequent trips to toilet to vomit • having an obsession with body weight • exercising too much 	<ul style="list-style-type: none"> • eating in secret • having no control of how much food he/she eats • gaining weight or obesity



2. Read the information in exercise 1 again and complete the sentences with the correct eating disorder.

1 Lately, Jenny has lost a lot of weight. She hardly eats any food because she thinks she is fat, but in reality she is very skinny. Maybe she suffers from _____.

3 Maria Paola has put on weight lately, I don't think she can control what she eats. I often see her eating in secret when she thinks no one is watching. I think she suffers from _____.

2 Tomás is really thin, but he eats a lot. In fact sometimes he eats so much food that he feels uncomfortable. I have also noticed that he always goes to the toilet a couple of times after eating. It is possible that he suffers from _____.