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"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 de Inglés para trabajo en casa, se elaboró con esmero para que sus hijos e hijas adquieran habilidades comunicativas, vocabulario y expresiones relacionadas con los valores nutricionales y los beneficios de la comida saludable. Se requiere que su hijo (a) le dedique una hora para desarrollarla. Esta guía hace referencia al libro del estudiante, páginas 23,60 y 65 del libro *Way to Go 8*, que está disponible en la plataforma Colombia Aprende.

La actividad 1 se refiere a ejercicios de vocabulario básico de alimentos en Inglés.

La actividad 2 requiere completar unas oraciones teniendo como referencia el texto indicado en la página 23, libro de trabajo del estudiante, *Way to Go 8*.

La actividad 3 invita a leer el texto sugerido y responder las preguntas indicadas.

La actividad 4 motiva a describir un almuerzo saludable en tu región.

La actividad 5 es para que su hijo (a) auto evalúe lo aprendido.

Agradecemos motivar a su hijo(a) para que realice todas las actividades indicadas. Su supervisión es clave para el logro de los objetivos propuestos.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you practise asking and giving information about eating habits, nutritional value and health benefits of food. Some activities are related to the topic of health presented in *Way to Go 8 Student Book Module 2 Unit 2 lesson 1*. It starts with some vocabulary activities, then you have to complete sentences, read a text, and to finish writing a short paragraph about a healthy lunch dish about your region.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy	Writing Reading	Present simple- Wh- questions	Food	Ask for and giving



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				information about habits
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GET READY

Study time needed: 1 hour	Resources: English dictionary, notebook, pencil, written guide and mobile phone.	Textbooks Links: - Way to Go 8 Student's Book, page 60, activity 1. - Way to Go Workbook, page 23.
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LEARNING OBJECTIVES

LEARNING STRATEGIES

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

- To reflect about healthy habits
- To talk about eating habits

What can you do to achieve the objectives?

- Read carefully all the instructions for each task.
- Use your prior knowledge and try to infer the meaning. You should not translate word by word. Use your dictionary only if absolutely necessary.

ACTIVITIES

1. VOCABULARY TASKS(5 minutes)

PICK TWO CARDS THAT MATCH A WORD WITH ITS CORRECT PICTURE. See example:

 1	A Potatoes	 2	 3	B Baked	
C Salt	 4	D Onions	E Ketchup	 5	F Eggs
G Oil	H Beef	 6	I Flour	 7	J Fried
	 8	 9	 10	K Pork	 11

Look at the pictures and match them to the correct words

Match the number to the correct letter:

1- D

2- _____

3- _____

4- _____

5- _____

6- _____

7- _____

8- _____

9- _____

10- _____

11- _____

2. LANGUAGE FOR INSTRUCTION(20 minutes)

- a. **Reading.** Open your “way to Go, workbook” on page 23. You will find this article “The Most Important Meal of the Day”. Read the whole text. It’s important to understand what the text is about. Now answer the questions below:

12

The Most Important Meal Of The Day!

A healthy breakfast has been proven to have many health benefits. Eating breakfast in the morning gives our bodies the energy it needs to get through a busy day. Skipping breakfast is like trying to start your car in the morning without petrol!

Nutritionists all agree; breakfast really is the most important meal of the day! Research shows that students who eat a healthy breakfast do better at school. They are happier and they have more energy. In addition to giving us instant energy, it also provides us with important nutrients and vitamins that our bodies need to function well in the day.

So, what is a healthy breakfast? According to nutritionists, a healthy breakfast should include at least one ingredient from each of the following groups of food groups: fruits and vegetables, protein and carbohydrates. Foods like oatmeal, brown rice

and wholegrain bread give your body carbohydrates it needs to make energy. Tomatoes, avocado, oranges and other fruits

and vegetables give your body different vitamins. You can get protein from milk, yoghurt, eggs, nuts and other foods like meat. Eating something in all three food groups will help you kick-start your day.

In summary, a healthy breakfast equals a healthy body and healthy mind. For increased energy, concentration, and happiness, eat a healthy breakfast.



1- What are the benefits of eating a healthy breakfast?

- _____
- _____
- _____

2- What are the three food groups that should be included in a healthy breakfast?

- _____
- _____
- _____

3- Why do our bodies need carbohydrates?

- _____
- _____
- _____

b. Choose the correct option to fill in the gap in each sentence

1. Eating breakfast in the morning _____ our bodies the energy it needs to get through a busy day.

- a. give b. gives c. giving d. gave

2. Breakfast really _____ the most important meal of the day

- a. is b. are c. am d. was

3. Breakfast also provides us with important nutrients and vitamins that allow our bodies _____ to function well in the day.

- a. needs b. needed c. to need d. need

4. Students who eat a healthy breakfast do better at school. They are happier and they _____ more energy.

- a. Have b. has c. had d. Having

5. What is a healthy breakfast? _____ you eat a healthy breakfast?

- a. does b. doing c. do d. to do

LANGUAGE TIP

SIMPLE PRESENT TENSE	
<p>USES: this tense is used to express general truths, habits, routines, permanent situations or future timetables.</p>	<p>Special Rules In the third person singular in the affirmative form most of verbs take -S, but:</p> <ol style="list-style-type: none"> Verbs ending in -ch, -sh, -x, -s, -o, -z add -es Watch = watches Go = goes Verbs ending in consonant + y = -ies Study = studies
<p>AFFIRMATIVE: S + V (-s, -es) + C NEGATIVE: S + do/does + not + V* + C INTERROGATIVE: Do/does + S + V* + C + ? Wh + do/does + S + V* + C + ? * verb in base form</p>	
<p>EXAMPLES:</p> <ul style="list-style-type: none"> They eat green apples Pedro likes fish and turkey I don't drink soda She doesn't work in a restaurant Does your father buy a tamal? What do you eat for breakfast? 	

c. Complete the dialogue below, using the words from the Word Bank. Write one word to fill each gap.

d.

<p style="text-align: center;">Word Bank</p> <p style="text-align: center; color: red;">suppose - love - does - comes - is - do</p>	<p style="text-align: center;">13</p> 
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Ellie: What kind of dish _____¹ a tamal?

Juan: It's a kind of steamed corn dough in a banana leaf. It's filled with peas, carrots, rice and meat.

Ellie: And it's wrapped inside a banana leaf? (Yes.) And it's steamed, not baked?

Juan: Yes. It's delicious. I _____² it. What's your favourite dish from your country?

Ellie: Well, I really like bangers and mash.

Juan: What's ... bangers and mash?

Ellie: It's just mashed potatoes and grilled sausages.

Juan: What _____³ it come with? Vegetables?

Ellie: It _____⁴ with fried onions. We eat it quite often.

Juan: _____⁵ people from your country eat healthily?

Ellie: Not really. Some British food is high in fat and sugar. Some people eat a lot of fried food. But we also eat a lot of vegetables - most dishes come with steamed vegetables. What about Colombian food?

Juan: I _____⁶ Colombians eat too many carbohydrates. And frying is probably the favourite cooking method.

3. READING TASK(15 minutes)

1. Pre-Reading

Read the following text, look at the pictures and guess what the text is about:

- a. Fish recipes b. Next vacation c. Colombian food

Travel Blog: Colombian Coast Cuisine

Posted by: Emily Thomson



I am a British traveler and I have just come back from the Colombian Coast. I am really amazed by the beauty of its beaches and by the gastronomical richness of this part of the country. There is a great variety of dishes to try and I really recommend the fried fish platter, it has fish which is a good source of protein, vitamins A and D, minerals like phosphorus and potassium among others. The fried fish comes with coconut rice and *patacones*, these are slices of fried plantain. It is served with tomato and lettuce salad and a typical juice called *guarapo*. The salad also gives us vitamins like C and H that help our body to produce energy.

I enjoyed this meal a lot because it is a mixture of flavors and nutrients, however, the fried fish, the coconut rice and the *patacones* contain a high percentage of fats, so this meal can increase our cholesterol levels and becomes bad for our health if we eat it every day and we are not very active. In any case, if you go to Colombia and you visit the coast, be sure to try this delicious dish.

Adapted from *Way to Go! Book 2*

2. Answer the questions according to the text

1. What place did Emily visit?

- a. Britain b. Colombian coast c. Colombian mountains

2. Why does she like this place?

- a. Because there are many beaches
b. Because she likes its variety of dishes
c. Because there are many hotels

3. What dish does she recommend?

- a. The fried fish platter b. The tomato salad c. The fried chicken.

4. What does the dish contain?

- a. fish, chicken, salad and *patacones*
b. pork, fish and coconut rice
c. coconut rice, fish, salad and *patacones*

5. What nutrients does the fried fish have?

- a. fats, proteins, vitamins and minerals
 - b. proteins and carbohydrates
 - c. vitamins, mineral, and fats
6. Why can the coconut rice & *patacones* increase the cholesterol level?
- a. Because they contain vitamins
 - b. Because they contain proteins
 - c. Because they contain fats
7. According to the text, Is the fried fish platter a healthy meal?
- a. yes, It is
 - b. no, it isn't
 - c. it doesn't say

4. WRITING TASKS(15 minutes)

Write a short paragraph related to a healthy lunch dish in your region. Make a list of the ingredients with the correct quantity. Include photos or drawings to illustrate. Also, follow the guiding questions to write your paragraph:

- What's the name of your region?
- What's the most famous healthy dish?
- What kind of dish is it?
- What does it come with?
- What ingredients do you need to prepare?
- What nutrients does it contain?

My region and the ingredients	My paragraph	Pictures

5. SELF-ASSESSMENT TASKS (5 minutes)

Let's reflect on our progress

	EXCELLENT	VERY WELL	WITH DIFFICULTY
CHECK YOUR PROGRESS	16 	17 	18 
I CAN IDENTIFY HEALTHY AND UNHEALTHY FOODS			
I CAN WRITE ABOUT MY EATING HABITS			
DISCUSS WITH YOUR PARENTS AND ANSWER THE QUESTIONS	1. How many new words did you learn? _____ _____	2. What eating habits do you and your family have to change? _____ _____	3. What eating habits are right? _____ _____ _____



THIS IS THE END

Congratulations! You've worked so hard for this topic. Continue practicing the vocabulary about food and present simple. Check the following useful resources as well. Last but not least, Don't forget to eat in a healthy way

USEFUL RESOURCES

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

Vocabulary about meals and cooking

<https://learnenglish.britishcouncil.org/vocabulary/beginner-to-pre-intermediate/meals-and-cooking>

<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/food>

Grammar <https://learnenglish.britishcouncil.org/english-grammar-reference/present-simple>

ANSWER KEY

1. Vocabulary tasks

1-D, 2-H, 3-C, 4-G, 5-I, 6-A, 7-E, 8-K, 9-F, 10-J, 11-B

2. Language for instructions

B. 1. b - 2. a - 3. d - 4. a - 5. C

C. 1. give 2. obtain 3. gets 4. balances 5. have

D. 1. is 2. love 3. does . 4. comes .5. do 6. suppose

3. Reading task

1. b 2. b 3. a 4. c 5. a 6. c 7. b

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez que su hijo(a) haya finalizado las actividades de esta guía, le sugerimos hacerle las siguientes preguntas, las cuales le permitirán hacer una comprobación del proceso de aprendizaje.
¿Cuál fue la actividad que más te gustó y cuál te pareció difícil?



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Dime en inglés, cuáles son los ingredientes del plato típico de nuestra región, utiliza el vocabulario que aprendiste.

¿Qué alimentos debes consumir diariamente para llevar una alimentación sana?

Indica en inglés, la cantidad correcta y los pasos para preparar una comida saludable.

¿Cuánto tiempo te tomó desarrollar la guía?

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12- Ministerio de Educación Nacional (2016). *Way to go! 8th Grade*, WB. Bogotá D.C. - Colombia. P. 23. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.

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