

“BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

8°01

Level

A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de aprendizaje de trabajo en casa se preparó con el fin de acompañar a su hijo o hija en el proceso de trabajo en casa para dar unas pautas acerca de los hábitos y desórdenes alimenticios, la importancia de la comida saludable y grupo de alimentos en forma escrita. Su hija deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona con la página 60 del libro Way To Go 8° que está disponible en la plataforma de Colombia Aprende

La actividad 1: Introducir el tema Grupo de Alimentos para conocer el aporte nutricional de cada alimento conforme a sus contenido vitamínico teniendo en cuenta cual es más saludable La actividad 2 : Establecer el régimen alimenticio para las tres comidas del día e identificar si están comiendo saludable que puedan aportar beneficios a su salud.

La actividad 3 : Conocer las consecuencias de los desórdenes alimenticios y carencia de vitaminas en el organismo

Por último la actividad 4, es para que su hija autoevalúe lo aprendido.

Agradecemos su colaboración supervisando que su hijo complete las actividades indicadas

WELCOME TO THIS SELF-STUDY GUIDE

This english Self- Study guide helps you practise giving instructions in written form. All activities are related to the topic of **Nutrition and Health** presented in Way to GO 8° Student Book Module 2 Unit 2 Lesson 1. It starts with some vocabulary revision activities, five group food, nutrients, vitamin.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Nutrition and Health	Writing	Comparative and superlative (Grade of adjectives)	Healthy Food Choices	Giving recommendations

GET READY

Study time needed: (1 hour)	Resources: English dictionary, pencil, notebook, sheets of paper, PDF File Way To Go Student Book 8.cellphone,tablet,computers.	Textbooks Links: - Way to Go, Student Book Module 2 Unit 2 Lesson 1, page 61 , exercise 4 - Way to Go, Student Book Module 2 Unit 2 Lesson 1, page 62 , exercise 7
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LEARNING OBJECTIVES

LEARNING STRATEGIES

<p><i>What will you learn/practise/reinforce with these activities?</i></p> <ul style="list-style-type: none"> To practise vocabulary related to Nutrition and Health To write step by step instructions to carry the healthy habit. 	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> Read the instructions for each task. Use the dictionary Search on Wikipedia about the nutritional contribution content for the body Watch video about sickness or disease about disorder food Take note about the topic
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ACTIVITIES

1. **LANGUAGE TASKS** (30 minutes) - I like eating healthy: Put the food items below into the correct column



Carrots	grapes	bread
Ham	lettuce	chicken
Strawberries	cereal	yogurt
		milk

VEGETABLES

FRUITS

DAIRY

GRAINS

MEAT

2. **PRONUNCIATION ACTIVITY** (30 minutes) -

Are there any words from the previous activity you don't know how to pronounce? If so, look up the pronunciation and practice pronouncing them.



3. Vocabulary:

1. Look at the Bandeja Paisa. What ingredients do you see? Write the ingredients in the correct food group.

2

avocado beans corn cake egg minced meat plantain pork rind rice sausage



3

Grains	Fruit and vegetables	Meats and eggs	Fats and sugary food	Dairy products
<u>Corn cake</u>				

1.2 What food group is missing?



4. **ASSESSMENT TASKS** (25 minutes) -

4 Complete the advice with a food group from exercise 2.

1. Drink dairy products to get calcium.
2. Eat _____ to obtain vitamins and minerals.
3. Don't consume lots of _____ if you want to be healthy.
4. Consume _____ to get protein.
5. Have _____ for breakfast to increase your fibre intake.

Unscramble the words in brackets to complete the nutritional recommendations.

1. Keep your bones (sebon) strong with calcium.
2. Help your i_____ (sintineste) work properly by eating fibre.
3. Develop strong m_____ (scumels) by digesting protein.
4. Get soft s_____ (niks) by absorbing vitamins and minerals.

5. **Your turn**-Give someone advice about the ingredients that should be consumed.

6. **Self-assessment**

5

I can make suggestions about eating habits. ✓	
Very well	
Quite well	
With difficulty	

THIS IS THE END

Congratulations, you can do amazing things. Continue practicing the vocabulary about Health and Food and how try healthy food habits. Recognize an eating disorder and be able to make suggestions about eating habits.



USEFUL RESOURCES

Online English Spanish Dictionary

[Cambridge English–Spanish Dictionary: Translate from English to Spanish](#)

Vocabulary about Health and food

[WTG_SB_8.pdf](#)

ANSWER KEY

1. Language task:

Vegetables: carrots, lettuce

Fruits: grapes, strawberries

Dairy: yogurt, milk

Grains: bread, cereal

Meats: ham, chicken

3. Vocabulary:

1.

Grains: corn cake, rice

Fruits and vegetables: avocados, beans, plantain,

Meats and eggs: eggs, minced meat, pork rind, sausage

1.2

Fats and sugary foods:

Dairy Products:

4. assessment tasks

2. vegetables 3. sweets 4. meats 5. Fruits

2. intestine 3. Muscles 4. skin



Una vez su hijo haya terminado esta guía hágale las siguientes preguntas para verificar el aprendizaje

- ¿Qué fue lo que más le gustó?
- ¿Qué le pareció más difícil?
- Menciona los grupos de alimentos que aprendió en inglés
- ¿Cuánto tiempo le tomó desarrollar esta guía?
- Informame acerca de los desórdenes alimenticios
- ¿Qué recursos utilizaste?

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LINKS OF IMAGES

1. Image retrieved from <https://www.vecteezy.com/vector-art/171798-free-food-pyramid-vector> with a free for commercial use license.
2. Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.
3. Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.
4. Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.
5. Ministerio de Educación Nacional (2016). Way to go! 8th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.