



## “BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

9th

Level

A2

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Apreciados padres de familia, seguimos orientando el aprendizaje del idioma inglés, esperamos continúen apoyando el proceso pedagógico. Esta guía está enfocada teniendo como referente el libro, English, Please ! 9, modulo 3, unidad 1, páginas 94, 95 ,96, 97. En ésta encontrarán las siguientes actividades:

**Actividad 1** realizar un ejercicio para asociar las imágenes con las palabras, escribir en el espacio indicado el vocabulario relacionado con los valores nutricionales.

**Actividad 2** invita a leer el texto indicado y responder las preguntas.

**Actividad 3** le sugiere clasificar el vocabulario estudiado en contables e incontables

**Actividad 4** propone escuchar un audio , donde el hablante comenta sobre sus comidas diarias. Requiere relacionar el alimento con el día que corresponda.

**Actividad 5** es para que su hijo (a) autoevalúe 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 to talk about food preferences and describe a healthy menu presented in English, Please! Book 9 Module 3 Unit 1 Lesson 1. It starts with some vocabulary activities, then you have to match the words with the pictures, listen to an audio, read a text, and to finish describe a healthy menu.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Eating habits	Listening, Reading and Writing	Quantifiers Imperatives	Food and drinks	Exchanging information about eating habits

### GET READY

<b>Study time needed:</b> <b>1 hour</b>	<b>Resources:</b> English dictionary, notebook, pencil, mobile phone, sheets of paper, PDF file of Way to Go Student Book 8.	<b>Textbooks Links:</b> - English, Please! student book, page 94,95, 97
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### LEARNING OBJECTIVES

### LEARNING STRATEGIES

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

- To do a survey about classmates eating habits.
- To write a healthy menu about eating habits.

*What can you do to achieve the objectives?*

- Read carefully all the instructions for each task.
- Think about the topic and the text you are going to listen to. Try to predict what you will find.
- Use a free dictionary app to listen to the pronunciation of the new vocabulary.
- Repeat the pronunciation of the words a few times. It can help you feel more comfortable to use them.
- Look at the examples given. They are provided in each of the tasks.
- Use graphic organizers, graphs and figures.

### ACTIVITIES

#### 1. VOCABULARY TASK (15 minutes)

1.1. Match the words with the pictures by writing the right number in front of each food or drink nouns.



1



2



3



4



5.



6.



7.



8.



9.



10.



A. Vegetables \_\_\_\_\_ B. bread \_\_\_\_\_ C. Broccoli \_\_\_\_\_ D. yoghurt \_\_\_\_\_ E. Banana \_\_\_\_\_

F. coffee \_\_\_\_\_ G. Milk \_\_\_\_\_ H. chicken \_\_\_\_\_ I. grapes \_\_\_\_\_ J. garlic \_\_\_\_\_

1.2 Write the words in the correct column according to the nutritional value that these foods give to your body.

Cheese - apples - potatoes - lettuce - meat  
 pasta - butter - water - fish - onions - beans- ice-cream orange juice  
 - rice - tomatoes - carrots - chocolate - eggs pineapples - bread- sausages -  
 spinach - milk-chicken

1.Vitaminsand Minerals	2.Calcium	3.Proteins	4.Calories	5.Fats
<u>Pineapples</u>	<u>milk</u>	<u>chicken</u>	<u>pasta</u>	<u>chocolate</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

LANGUAGE FOR INSTRUCTIONS (10 minutes)

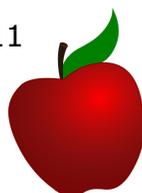
2.

2.1 Look at the previous vocabulary (1.1 and 1.2) and classify the food in the boxes

**COUNTABLE NOUNS**

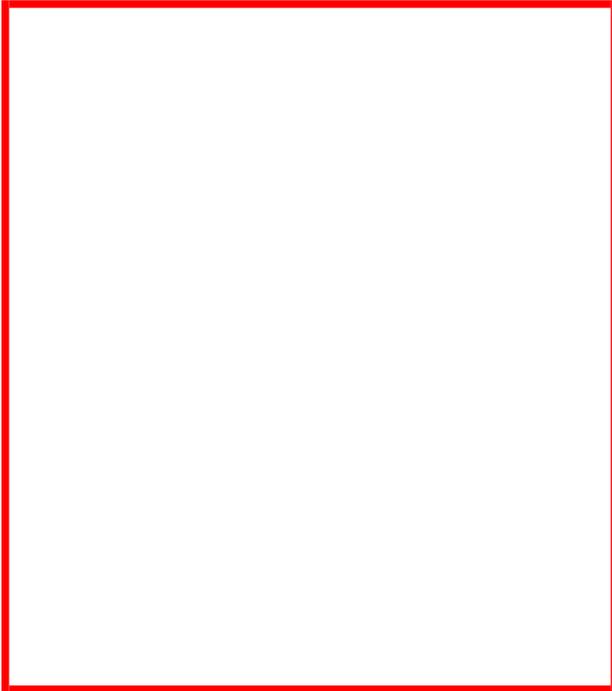
Banana  
apples

11



**UNCOUNTABLE NOUNS**

Bread  
cheese



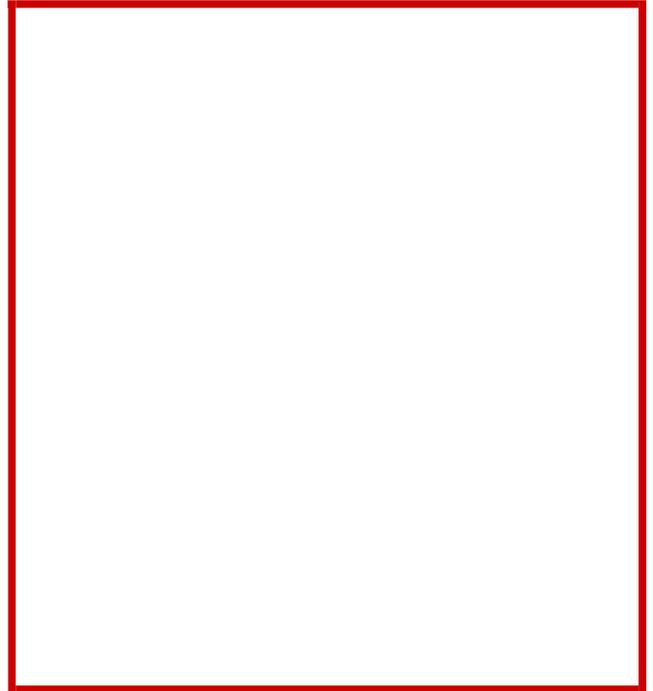
12



13



14



### Language Tips

Answer the questions with a **little** or **afew**.

1. Do you want more coffee? Yes, a little.
2. Do you have any bananas? Yes. I have \_\_\_\_\_.
3. Do you want more cheese? Yes, \_\_\_\_\_.
4. Do you have any pineapples? Yes, please. I have \_\_\_\_\_.
5. Do you want more water? Yes, \_\_\_\_\_

Useful language		
	Quantifier	Quantifiers
Countable	I need a <b>lot of</b> oranges to make orange juice.	I only need a <b>few</b> oranges to make this pie.
Uncountable	I drink a <b>lot of</b> water.	I drink a <b>little</b> water every day.

### 3. READING TASKS (15 minutes)

Read the texts about Jeff, Ellen and Ward

<b>Jeff Peterson</b>	<b>Ellen Andersen</b>	<b>Ward Jacobson</b>
<p>I'm a college student. College is very expensive, so at the weekends, I work in an Italian restaurant. My day begins very early because I have classes from 7:00 am to 1:00 pm, so I have a quick breakfast of a glass of orange juice and a few biscuits. In the afternoon, I work on my assignments. I take a packed lunch with a ham sandwich, a little cheese and some fruit. I also eat crisps - several packets a day. I love crisps, so I eat a lot of them. From Thursdays to Sundays, I work from 6:00 to 10:00 pm, so I usually have dinner at the restaurant. There are a lot of dishes to choose from - my favourite meals are pasta and lasagne.</p>	<p>I'm an engineer and I have my own company. At 6:30 am, I usually have a big breakfast of hot chocolate, a sandwich and some eggs. During the day, I'm often hungry, so I have some snacks - usually fruit, such as grapes and apples. I eat lots of fruit. For lunch, I usually have a main meal with beef or roast chicken and a few potatoes. At around 7:00 pm, I stop working and I have a cup of tea and some crackers and cheese for dinner.</p>	<p>I'm a travel agent. I work from Monday to Friday from 8:00 am to 8:00 pm. My working day is very long. I don't usually have time for breakfast because I need to get ready and make the journey to work. I talk on the phone nearly all day. I'm usually quite thirsty, so I drink a lot of water. In the afternoon, I usually have a slice of pizza or a little pasta for lunch at my desk and for dinner I have a main meal, like fish or chicken and rice. Before I go to bed, I have a glass of milk and some biscuits.</p>

3. 1 Complete the description about each character. follow the example:

<b>Name:</b> Jeff <b>Job:</b> <b>Food:</b>   <b>Drinks:</b> a glass of orange juice	<b>Name:</b> <b>Job:</b> enginner <b>Food:</b>   <b>Drinks:</b>	<b>Name:</b> <b>Job:</b> <b>Food:</b> a slice of pizza, a little pasta, fish, chicken, rice, biscuits   <b>Drinks:</b>
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3. 2 Finding definitions. Find in the text, the meaning of the following concepts:

EXAMPLE: A place where meals may be bought and eaten = restaurant

- a. Doing something fast or taking only a short time = \_\_\_\_\_
- b. some, or a small number of = \_\_\_\_\_
- c. containing a lot of a particular thing = \_\_\_\_\_
- d. a large number or amount of people or things = \_\_\_\_\_
- e. the food taken at one time = \_\_\_\_\_
- f. used to mean an amount or number of something without saying exactly how much or how many = \_\_\_\_\_
- g. a little or a lot but not completely = \_\_\_\_\_
- h. a flat piece of food that has been cut from a larger piece = \_\_\_\_\_

#### 4. LISTENING TASK (15 minutes)

4. 1 It's time to listen, first, reflect about these questions:

- Which dishes do you eat on weekends?
- Which dishes do you eat daily?
- Which dishes are healthy and unhealthy?

4.2 And now, listen to what Colin eats every day, then match the day to the correct food.(audiotrack70)

- |                          |                    |
|--------------------------|--------------------|
| A. On Sunday he eats (2) | 1. fish and chips. |
| B. On Monday he eats ( ) | 2. roast chicken.  |

- |                            |                                     |
|----------------------------|-------------------------------------|
| C. On Tuesday he eats ( )  | 3. sausage and mash.                |
| D. On Wednesday ( )        | 4. ham and salami                   |
| E. On Thursday he eats ( ) | 5. spaghetti Bolognese and lasagne. |
| F. On Friday he eats ( )   | 6. green salad and roast beef.      |
| G. On Saturday he eats ( ) | 7. mixed grill.                     |

**5. SELF-ASSESSMENT TASK** (5 minutes)

Tick (✓) the option that shows what you can do. Choose one of the three cards.

After finishing this self-study guide, I can...	Easy! I get it! I can 15  do this by myself.	Okay. I need a little 16  more help.	Hard. I still need a lot of 17  help.
I can classify food according to the nutritional value			
I can recognize a healthy menu			
I identify specific information in a text			
I can describe quantities of food or drink			



## THIS IS THE END

Congratulations for the effort put into this guide! Continue practicing vocabulary , expressions and be confident to talk about healthy and unhealthy diets. Check the following useful resources and remember... practice makes perfect!

## USEFUL RESOURCES

[Online English Spanish dictionary](#)

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

[Grammar](#)

<https://learnenglish.britishcouncil.org/category/grammar-2/quantifiers>

<https://learnenglish.britishcouncil.org/category/grammar/imperatives>

[Practice some vocabulary about food:](#)

<https://learnenglish.britishcouncil.org/category/topics/food-0>

<https://learnenglishkids.britishcouncil.org/flashcards/food-flashcards>

[Other\[ABR1\]](#) <https://www.colombiaaprende.edu.co/colombiabilingue/123812>

## ANSWER KEY

### Vocabulary

1.1

a.9 b. 6 c.7 d.10 e.1 f.2 g.5 h.3 i.8 j.4

1.2.

1: water, spinach, carrots, orange juice, apples, lettuce, onions

2: cheese, yoghurt

3: Beans, fish, meat, eggs, sausages

4: rice, potatoes, bread

5: chocolate, butter, ice-cream

### Language for instructions

Countables: chicken, grapes, potatoes, lettuce, broccoli, garlic, apples, onions, beans, ice cream, tomatoes, carrots, eggs, pineapples, sausages, spinach, vegetables, banana

Uncountables: bread, coffee, milk, meat, cheese, water, butter, pasta, orange juice, rice, chocolate, fish, yoghurt

### Reading tasks

3.1 Name: Jeff; Job: college student- waiter; Food: a few biscuits, a ham sandwich, a little cheese, some fruits, several packets of crisps, pasta, lasagne; drinks: a glass of orange juice

Name: Ellen; Job: engineer; food: sandwich, some eggs, fruit, grapes, apples, beef, roast chicken, few potatoes, crackers, cheese; drinks: hot chocolate, a cup of tea

Name: Ward; job: travel agent; food: a slice of pizza, a little pasta, fish, chicken, rice, biscuits; drinks: a lot of water, a glass of milk

3.2 a = quick ; b = a few; c = a packed; d = a lot of ; e = meals; f = some; g = quite; h = a slice

### Listening task

a.2, b.4, c.5, d.6, e.7, f.1, g.3

## 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?

¿ Expresa en Inglés,Cuáles son los alimentos que prefieres?

Si deseas describir cantidades en inglés, indica las expresiones que emplearías.

Describe un menú saludable que podamos compartir, un día de estos en familia. Emplea el vocabulario que aprendiste.

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