

"BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

9th

Level

A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de trabajo permite a sus hijo(a)s repasar conceptos relacionados con la comida y los platos típicos de algunas regiones de Colombia. Con este propósito, la guía le permitirá repasar vocabulario relacionado con estos temas así como usar el inglés para expresar sus preferencias y las de otras personas en cuanto a comidas. Su hijo(a) deberá dedicar una hora para el desarrollo de la guía. Las actividades aquí propuestas están basadas en el libro English Please! 9no Grado, el cual está disponible en la página Colombia Aprende, su hijo(a) puede realizarlas solo utilizando esta guía.

A continuación, describimos las actividades que su hijo(a) deberá desarrollar:

1. **Actividad 1:** Es una actividad de vocabulario en donde su hijo(a) deberá escribir el nombre de los ingredientes de cada uno de los 3 platos representados en las imágenes. (Las flechas indican cada uno de los ingredientes y en qué parte escribir la palabra)
2. **Actividad 2:** Lee la explicación de los sustantivos contables y no contables y completa los ejercicios. Complete con **A, an, some** o **any**.
3. **Actividad 3:** En esta actividad su hijo deberá leer el texto "A country full of dishes". Luego leerá cada uno de los enunciados y escribirá T cuando sea verdadero, o F cuando sea falso.
4. **Actividad 4:** Su hijo(a) escogerá algunos ingredientes que tenga en su nevera para preparar alguna comida que le guste. Después, tomará una foto y la describirá de forma escrita.
5. **Actividad 5:** Su hijo(a) evaluará su aprendizaje.
6. **Actividad 6:** en esta actividad de vocabulario su hijo(a) va a identificar qué sustantivos son contables y cuáles no, rellenando los espacios con la letra **C** para los contables y la **U** para los que no son.
7. **Actividad 7:** en esta actividad de vocabulario en donde su hijo(a) deberá escribir o ubicar el nombre de cada uno de los platos representados en la imagen. Luego leer el pequeño texto y responder verdadero (**T**) o falso (**F**)
8. **Actividad 8:** en esta actividad su hijo(a) deberá leer unos párrafos donde se encuentran unas preguntas y ubicarlas en los espacios donde correspondan, además, marcar o escoger la mejor opción de acuerdo con la pregunta.
9. **Actividad 9:** su hijo(a) deberá rellenar los espacios con "**a little**" o "**a few**" donde corresponda.

WELCOME TO THIS SELF-STUDY GUIDE

This self-study guide allows you to practice talking about the different ways in which you can know how we live. The activities you will find here are based on the book English Please! 9th Grade, Module 3, Unit 1, pages 86 - 90. The guide starts with some images where you must fill in spaces with the correct word, then continues with countable and uncountable nouns to complete the sentences with **a/an/some/any**. After this, there is a reading exercise about different traditional food in our country. And then you will prepare your favorite food with the ingredients you have in your refrigerator and, finally, you will complete some sentences and prepare a video with your favorite food at home.

| Topic | Skill(s) | Grammar | Vocabulary | Function(s) |
|------------------------|---------------------|---------------------------------|-------------|---------------------------|
| Favorite dishes | Reading and writing | Countable and uncountable nouns | Ingredients | Describing typical dishes |

GET READY

| | |
|--|--|
| Study time needed: 1 hour | Resources: Dictionary, real ingredients from your kitchen, camera (smartphone) |
|--|--|

LEARNING OBJECTIVES

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

- To practice describing typical dishes
- To identify the differences between countable and uncountable nouns

LEARNING STRATEGIES

What can you do to achieve the objectives?

- ❖ Read the instructions to prepare your food.
- ❖ Write new vocabulary about fruit and foods in your notebook.
- ❖ Before recording your video, practice the vocabulary about typical dishes.
- ❖ Look at the examples carefully before answering.



ACTIVITIES

1. VOCABULARY TASK

a) Label the pictures using words from the box below. Follow the examples given.

Lemons potato corn beans chicken
bacon plantain egg tomato pork

1

1 Lesson 1

Read

10. Read the text and match the dishes to the pictures. There is one dish with no picture. What is it?

Glossary

avocado = aguacate
 herbs = hierbas / especies
 pineapple = piña
 soup = sopa
 strawberries = fresas
 stuffed = relleno

A COUNTRY FULL OF DISHES

Colombia is a beautiful country with lots of different regions and different food traditions. Here are four typical Colombian dishes:

Cholao: This is a traditional dish from Valle del Cauca. It has strawberries, bananas, pineapple, mango and other fruits, with ice and condensed milk.

Ajiaco: This dish is from Cundinamarca and Boyacá. It is a soup and has different kinds of potatoes, corn, chicken and some herbs.

Bandeja Paisa: This is a traditional dish from the coffee region. It has rice, beans, beef, pork, avocado and an egg.

Lechona: This traditional dish from Tolima is a stuffed pig. There is a mixture of rice, peas and pork inside the pig.

Different cities have different dishes, so when you travel, make sure to try some food from the place.

a. _____

b. _____



c. _____

d. _____



e. Corn

f. _____



g. _____

h. _____

i. _____

j. _____



2. LANGUAGE FOCUS

Focus on language

13. Look at the chart. Write sentences to describe what is in the fridge.

2

| Countable | | Uncountable |
|----------------------|-------------------------|------------------------|
| Singular | Plural | |
| <i>There is a(n)</i> | <i>There are some</i> | <i>There is some</i> |
| <i>There isn't a</i> | <i>There aren't any</i> | <i>There isn't any</i> |



14. In your notebook, complete the sentences using *a*, *an*, *some*, *any*.

- Mark eats _____ banana every day.
- I don't want _____ chicken for lunch, please.
- Mum eats _____ apple every morning.
- We often have _____ rice for dinner.
- Every morning I drink _____ water.
- I have _____ egg or _____ sandwich for breakfast.

Countable nouns

There is a **pear** in the fridge.

I eat **an apple** every day.

There are **some** bananas on the table.

Complete the following sentence:

For affirmative sentences we can use ___ / ___ for singular nouns, or _____ for plurals.

There isn't a **banana** in my dish

There isn't **an orange** in my breakfast

There aren't **any potatoes** in the fridge

Complete the following sentence:

For negatives we can use ___ / ___ for singular nouns, or _____ for plurals.

Uncountable nouns

Here are some examples of **uncountable** nouns:

| | | | |
|-------|--------|--------|-------|
| bread | rice | coffee | sugar |
| milk | cheese | water | salt |

There's **some** milk in the fridge.

My mother eats **some** bread in the breakfast

I don't want **any** water.

There isn't **any** coffee in the kitchen.

Complete the following sentence:

We use _____ with uncountable nouns in positive sentences and _____ with negatives.

3. READING

1. Read the text and think of specific places where people eat these dishes.

3

A COUNTRY FULL OF DISHES

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Lechona: This traditional dish from Tolima is a stuffed pig. There is a mixture of rice, peas and pork inside the pig.

Different cities have different dishes, so when you travel, make sure to try some food from the place.

Are the statements True (T) or False (F)?

- Cholao has fruit and vegetables. _____
- Lechona is a popular dish of Ibagué. _____
- Lechona is a traditional dish from Boyacá. _____
- Cholao is a traditional dish of Valledupar. _____
- Cheese, rice and egg are some of the ingredients of ajiaco. _____
- Only people in Cundinamarca can eat ajiaco. _____
- Ajiaco is a soup. _____
- People in Salento love bandeja paisa. _____
- Avocado is a characteristic ingredient of lechona. _____



4. LANGUAGE TASKS (15min)

VOCABULARY TASK

1: Read the useful language box. Then look at the pictures and write **C** for **countable** and **U** for **uncountable**.

4



a. ____ fruit



b. ____ apple



c. ____ milk



d. ____ carrot



e. ____ rice



f. ____ beans



g. ____ water



h. ____ meat



i. ____ mango

Useful language

Food words are countable or uncountable. Countable nouns refer to words you **can** count. They can be singular or plural. Uncountable nouns refer to words you **can't** count. They are always singular.



2. Match the words from the box below to the picture.

5

burger and chips chicken and rice fish lasagne green salad
pizza spaghetti bolognese roast beef roast chicken



5. LANGUAGE FOCUS

6

1. Answer the questions with a little or a few.

Useful language

| | Quantifier +++++ | Quantifiers ++ |
|-------------|---|--|
| Countable | <i>I need a lot of apples to make apple juice.</i> | <i>I only need a few apples to make this pie.</i> |
| Uncountable | <i>I drink a lot of water.</i> | <i>I drink a little water every day.</i> |

- a. Do you want more sugar? Yes, **a little**, please.
- b. Do you have any oranges? Yes. I have _____
- c. Do you want milk with your coffee? Yes, please. Just _____
- d. Do you have any tomatoes? Yes, I have _____
- e. Do you want more rice? Yes, _____

Let's observe:

The question "Do you want more sugar?" expresses that:

- a. The person didn't want sugar
- b. The person already had sugar
- b. There is little sugar

The quantifier "Little" used in the answer of question A means that:

- a. The question is uncountable
- b. Sugar is uncountable
- c. There is little sugar so the person cannot count

2) Read the results of a survey. Are sentences a-c true (T) or false (f)

7

| How often do you eat ... | every day | Sometimes | never |
|--------------------------|-----------|------------|-------|
| chicken? | ### ## II | ### ##-### | III |

Thirty people took part in the survey about their eating habits, and about how often they eat certain food items.

A lot of people eat chicken sometimes - a total of fifteen people. 50% eat chicken sometimes.

A lot of people eat chicken every day - a total of twelve people, which means 40% eat chicken every day.

A few people never eat chicken - a total of three people. So 10% of people never eat chicken.

- a. A few people eat chicken sometimes **T/F**
- b. Everybody eats chicken. **T/F**
- c. A lot of people never eat chicken **T/F**

6. READING

1. Read the text and match the questions **A-D** to the paragraphs
 - a. How much sugar do you need every day?
 - b. How many meals do you need every day?
 - c. How much water do you need every day?
 - d. How much fruit do you need every day?

8

What is a healthy diet?

(1) _____

Doctors say, we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.

(2) _____

Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organised by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.

(3) _____

People have different opinions about how much is required. Some people drink just one glass with their meal, others drink six glasses throughout the day, and other people drink it all day long. The truth is that we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.

(4) _____

You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

3. Read the text again and choose the correct option
 - A. **How many meals do you need to have a day?**
 1. Six small meals
 2. Six big meals
 3. Three big meals
 - B. **How much fruit do you need to have a day?**
 1. None (zero)
 2. One to five portions
 3. Three to five portions

C. How much water do you need?

1. One glass
2. One litre
3. 10 glass

D. How much sugar do you need?

2. Your body doesn't need sugar
3. Your body needs small quantities.
4. Your body needs big quantities.

Find these words in the text and match them to the definition.

Doctors ___

Glass ___

Natural ___

Supermarket ___

1. A place to buy food and other products
2. A container of liquids
3. Not artificial
4. Professionals who are trained to treat ill people

7. WRITING AND SPEAKING

Prepare your favorite food with the ingredients you have in your refrigerator. Then, take a picture and describe what is in the picture.

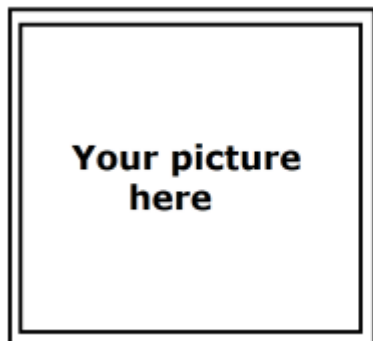
9

Example:



This is my favorite food.
I love to eat **eggs** and hot **chocolate**.

Now it's your turn!



Now record your text describing your favorite dish. Send the recording to your classmates.

8. ASSESSMENT TASKS

ANSWER THE FOLLOWING STATEMENTS:

3 things you didn't know before

1. _____
2. _____
3. _____

2 things that surprised you about this topic

1. _____
2. _____

1 thing you want to start doing with what you've learned

1. _____

THIS IS THE END

Congratulations! You are doing a great job. Continue practicing vocabulary and expressions to describe types of food. Always consider our traditions about typical food in the different regions.

USEFUL RESOURCES

<https://dictionary.cambridge.org/es/diccionario/ingles-estudiantes/>
<https://www.lexico.com/grammar/countable-nouns>
<https://www.lewolang.com/gramatica-inglesa/33/countable-and-uncountable>
<https://www.wordreference.com/es/en/translation.asp?spen=I%C3%ADnea>
<https://ingles.celeberrima.com/lista-161-ejemplos-vocabulario-comida-food-en-ingles-y-espanol/>

ANSWER KEY

1. LANGUAGE TASK

- a) a) Lemons b) egg c) pork sausage d) plantain e) corn f) chicken g) tomato h) potato
i) bacon j) pork
- b) a) a b) any c) an d) some e) some f) an - a

1. READING

1. Are the statements True (T) or False (F)?
- Cholao has fruits and vegetables. F
 - Lechona is a popular dish of Ibagué. T
 - Lechona is a traditional dish from Boyacá. F
 - Cholao is a traditional dish of Valledupar. F
 - Cheese, rice and egg are some of the ingredients of ajiaco. F
 - Only people in Cundinamarca can eat ajiaco. F
 - Ajiaco is a soup. T
 - People in Salento love bandeja paisa. T
 - Avocado is a characteristic ingredient of lechona. F

LANGUAGE TASKS

- 1) a) U fruit b) C apple c) U milk d) C carrot e) U rice f) U beans g) U water
h) U meat i) C mango
- 2) 1) spaghetti bolognese 2) green salad 3) roast chicken 4) pizza 5) burger and chips
6) roast beef 7) lasagne 8) fish 9) chicken and rice 10)

LANGUAGE FOCUS

1)

- a. Do you want more sugar? Yes, **a little**, please.
- b. Do you have any oranges? Yes. I have **a few**
- c. Do you want milk with your coffee? Yes, please. Just **a little**
- d. Do you have any tomatoes? Yes, I have **a few**
- e. Do you want more rice? Yes, **a little**

Concept checking questions

The question "Do you want more sugar?" expresses that:

- a. The person didn't want sugar
- b. The person already had sugar
- c. There is little sugar

The quantifier "Little" used in the answer of question A means that:

- a. The question is uncountable
- b. Sugar is uncountable
- c. There is little sugar that the person cannot count

2) A few people eat chicken something=T

- d. Everybody eats chicken= F
- e. A lot of people never eat chicken=T

READING

1)

- a. How much sugar do you need every day? = 4
- b. How many meals do you need every day? = 1
- c. How much water do you need every day? = 3
- d. How much fruit do you need every day? = 2

2) **How many meals do you need to have a day?**

4. Six small meals

E. How much fruit do you need to have a day?

4. Three to five portions

F. How much water do you need?

1. One liter

G. How much sugar do you need?

5. Your body doesn't need sugar

Find these words in the text and match them to the definition.

1. A place to buy food and other products=**Supermarket**
2. A container of liquids=**Glass**
3. Not artificial=**Natural**
4. Professionals who are trained to treat ill people =**Doctor**

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez que su hijo(a) haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permitan verificar el proceso de aprendizaje:

- ❖ ¿Qué fue lo que más te impactó de las actividades?
- ❖ ¿Cuáles fueron las palabras nuevas que aprendiste?
- ❖ ¿Identificaste las diferencias entre los sustantivos contables e incontables?
- ❖ ¿Qué recursos usaste para realizar las actividades?
- ❖ ¿Cuanto te tardaste en desarrollar la guía?

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LINKS OF IMAGES

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