



## "BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School \_\_\_\_\_

City \_\_\_\_\_

Teacher's name \_\_\_\_\_

Student's name \_\_\_\_\_

Grade \_\_\_\_\_

9<sup>th</sup>

Level \_\_\_\_\_

A2

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de aprendizaje está orientada con el fin de identificar algunos alimentos según su clasificación. Para el desarrollo de esta guía el estudiante cuenta con el material anexo a esta guía, páginas 90 y 91 del libro "English Please 9°", Student book. Su hijo (a) debe dedicar una hora de su tiempo para el desarrollo de esta guía. Cualquier orientación que el estudiante necesite puede comunicarse con el/la docente.

En la actividad 1 su hijo debe clasificar los alimentos del cuadro de acuerdo a sus gustos, usando *I like* y *I dislike*.

En la actividad 2 su hijo debe observar el diagrama de la clasificación de los alimentos y completar los espacios de la lesión 2 actividad 1 porque los alimentos son importantes en su cuerpo y clasificarlos en el grupo correcto en el cuadro.

En la actividad 3 su hijo debe observar las imágenes sobre los platos típicos del Putumayo, escoger uno e investigar sobre sus ingredientes y receta.

Después, con la ayuda de sus padres preparar su plato favorito de su región en un video corto.

### WELCOME TO THIS SELF-STUDY GUIDE

This English Self-Study Guide will help you to practise some vocabulary about food in English. Also, you will practice, expressing likes and dislikes. You can find the activities in "English Please 9°" book, Module 3, unit 1, lesson 2. There is vocabulary about food's classification.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Food	Writing and Speaking	Likes and dislikes	Fruits, grains, vegetables.	Talking about food.



### GET READY

**Study time needed:**  
**1 hour**

*English Please 9° Student book, internet, cell phone camera, food, dishes, English dictionary*

**Textbooks Links:**

[www.colombiaaprende.edu.co/colombiabilingue](http://www.colombiaaprende.edu.co/colombiabilingue).

### LEARNING OBJECTIVES

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

- To identify vocabulary related to food.
- To express likes and dislikes in relation to food.

### LEARNING STRATEGIES

*What can you do to achieve the objectives?*

- Read the instructions carefully.
- If you have internet, practise vocabulary and pronunciation in the *Word reference* English dictionary app.
- Try to understand the tasks only with your knowledge.

### ACTIVITIES

#### 1. VOCABULARY TASKS (10 minutes)

**Read the chart about food and write the food you like on the left, and the food you don't like on the right.**

apples	bananas	bread	Carrots
cheese	chicken	eggs	Fish
garlic	grapes	lemons	Onions
oranges	potatoes	rice	Milk

I LIKE	I DISLIKE
Apples -	Onions -



## 2. FOCUS ON LANGUAGE (45 minutes)

a. **Observe the diagram and complete the sentences according to the food's importance in your body.**

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- a. \_\_\_\_\_ (e.g. bananas and apples): They give your body fibre, vitamins and antioxidants.
- b. \_\_\_\_\_ (e.g. carrots and broccoli): They give your body vitamins, minerals and fibre.
- c. \_\_\_\_\_ (e.g. soya milk and yoghurt): They provide calcium.
- d. \_\_\_\_\_ (e.g. rice or pasta): They give you energy, and help the body grow and work correctly.
- e. \_\_\_\_\_ (e.g. chicken or fish): These help your body to build and repair tissues.
- f. \_\_\_\_\_ (e.g. chocolate or butter): These provide lots of energy for your body.

### Glossary

*build* = construir  
*fibre* = fibra  
*tissues* = tejidos

b. **Based on the diagram of the food groups, classify the products you identify in the category where they belong.**

FRUITS	VEGETABLES	FATS AND SUGARS	DAIRY	GRAINS	PROTEINS

c. **Taking into account the importance of having healthy habits, complete the following questionnaire with 'how many' and 'how much'; then, choose the answer is true for you. At the end, check your eating habits based on your answers.**

## Food Questionnaire

2. \_\_\_\_\_ fruit do you eat a day?
  - A. Three or more pieces of fruit.
  - B. One or two pieces of fruit.
  - C. I don't eat fruit.
3. \_\_\_\_\_ portions of vegetable do you eat a day?
  - A. Three or more.
  - B. One or two.
  - C. I don't eat vegetables.
4. \_\_\_\_\_ water do you drink a day?
  - A. One big bottle.
  - B. One glass.
  - C. One small bottle.
5. \_\_\_\_\_ fizzy drinks do you drink a day?
  - A. I don't drink fizzy drinks.
  - B. One glass.
  - C. One big bottle.
6. \_\_\_\_\_ dairy products do you have a day?
  - A. Three or more.
  - B. One or two.
  - C. Zero.

Mostly A: Great job! You take care of your eating habits.

Mostly B: Good job! But sometimes you don't eat well.

Mostly C: Be careful! Your eating habits aren't good for your health.

***d. Choose one typical dish from Putumayo you find below; look for information about the ingredients and how to prepare them.***

### TYPICAL DISHES FROM PUTUMAYO

**Tacacho**

**Smoked fish**

**Chucula**

**Envuelto de Maíz**

**Sancocho**

**NAME OF THE DISH** \_\_\_\_\_

PORTION	INGREDIENTS
2	Tomatoes

**PREPARATION:** \_\_\_\_\_

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***e. Prepare your favorite dish from your region with your parents' help and make a short video (Describe the ingredients and how to prepare it). Send the video to the teacher.***

### 3. ASSESSMENT ACTIVITY (5 minutes)

**Assess your own work!**

<b>CHECK YOUR PROGRESS</b>	<b>VERY WELL</b> 2 	<b>QUITE WELL</b> 3 	<b>WITH DIFFICULTY</b> 4 	<b>ANSWER THESE QUESTIONS</b>
I can identify some vocabulary about food.				How many words did you learn in this guide? _____ _____
I can write a recipe about my favorite regional dish.				Are you able to talk about likes and dislikes? _____

### THIS IS THE END

Good job! Remember to practise your English level using Duolingo and B the 1 Challenge apps. Take advantage of your free time and prepare as many recipes as possible with your parents' help. But most importantly enjoy time together!

### USEFUL RESOURCES

English and Spanish dictionary  
<https://www.wordreference.com/es/en/translation.asp>  
 Vocabulary about food  
[ENGLISH PLEASE 9 STUDENT BOOK.pdf](#)  
 Vocabulary  
<https://www.britishcouncil.co/en>



## ANSWER KEY

### 2. FOCUS ON LANGUAGE

1. How much 2. How many 3. How much 4. How many 5. How many

### VOCABULARY TASKS

2.( b) *a. fruits , vegetables , c. dairy, d. grains , e. proteins , f. fats and sugars*

2. (c) *Fruits: bananas, grapes, apples, pineapple, grapes, oranges*

\_\_\_\_\_ *Vegetables: carrots, lettuce, pepper, cucumber, tomatoes, broccoli*

\_\_\_\_\_ *Dairy: Milk, soya, yogurth*

\_\_\_\_\_ *Fats and Sugars: chocolate, butter, cheese*

\_\_\_\_\_ *Proteins: eggs, fish, chicken, sausages, meat*

\_\_\_\_\_ *Grains: potatoes, rice, pasta, bread*

## ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Después de realizar las actividades de la guía, juega con tu hijo (a) hangman (ahorcado) poniendo en práctica el vocabulario aprendido sobre vegetales, frutas, granos, proteínas, etc. Recuerda cuidarte y cuidar los tuyos. Ahora hazle las siguientes preguntas:

**¿Cuáles fueron las dificultades que se te presentaron al desarrollar esta guía?**

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**¿Qué es lo que más te gustó de esta guía?**

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**¿Con tus propias palabras escribe lo que aprendiste de esta guía?**

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### LINKS OF IMAGES

1. Ministerio de Educación Nacional (n.d). English, please! 1 Fast Track. Bogotá D.C. – Colombia. Retrieved from [www.colombiaaprende.edu.co/colombiabilingue](http://www.colombiaaprende.edu.co/colombiabilingue).
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