



Student's name:

\_\_\_\_\_

Grade:

\_\_\_\_\_

School:

\_\_\_\_\_

## ¡Hola! Bienvenidos a las guías de aprendizaje de la Tercera Temporada de ECO Teens.

\* Antes de hacer esta guía, debes escuchar el **episodio #5 "A desayunar"**, de la **tercera temporada** del programa radial **ECO Teens** el cual puedes encontrar en [www.eco.colombiaaprende.edu.co](http://www.eco.colombiaaprende.edu.co)

\* Lee las instrucciones cuidadosamente antes de desarrollar las actividades y diviértete mientras practicas tu inglés.

\* La guía ofrece ejercicios que te retan a tomar acción frente a diferentes áreas de tu vida, así que te invitamos a desarrollar los pasos **Ready, Steady and Go.**

**ECO Teens** es un programa radial para adolescentes y jóvenes de 12 a 18 años que puedes disfrutar en radio, en ECO Web o en tu clase de inglés. En esta **Tercera Temporada de ECO Teens**, Rosita, Aleja, Ana, Lucho y el profe Julián comparten sus retos y logros más recientes, y cómo el aprendizaje del inglés sigue siendo un elemento fundamental en sus proyectos de vida para avanzar en sus metas y sueños. Con **ECO Teens**, continúa aprendiendo sobre oportunidades en los sectores de tecnología, artes, turismo y deportes para jóvenes como tú.

Para más información visita [eco.colombiaaprende.edu.co](http://eco.colombiaaprende.edu.co)

### GUÍA DE APRENDIZAJE DE INGLÉS # 5 ¡A DESAYUNAR!

#### ¿Qué lograré hacer al final de esta lección?

- \* Identificar algunos beneficios del desayuno.
- \* Describir mi desayuno favorito y menos favorito.
- \* Comparar y contrastar los desayunos de algunas regiones de mi país.

#### Instrucciones Ready, Steady, and Go!

- \* En **Ready**, escucha el segmento *"Topic of the day- Part 1"* y subraya los beneficios del desayuno que mencionan los ECO Teens. Enumera de 1 a 12 las opciones de desayuno que más te gustan. Luego, completa el diálogo.
- \* En **Steady**, lee el blog de comida de Ana y asigna el título correcto a cada descripción. Luego, selecciona cuáles afirmaciones son falsas o verdaderas.
- \* En **Go**, lee las notas que cada persona compartió sobre lo que desayunan a diario. Usa los ejemplos para completar las oraciones.

# READY, STEADY, GO

## ACTIVITY 1

Listen to the segment "Topic of the day – Part 1" where the ECO Teens share some of the benefits of breakfast. Read the list of benefits and circle only the three benefits the ECO Teens talked about.



To do this activity, go to [eco.colombiaaprende.edu.co](http://eco.colombiaaprende.edu.co) and download episode #5 called "It's breakfast time" from ECO Teens – Third Season.

# BREAKFAST EVERY MORNING

A. Breakfast helps our muscles to function.

F. Breakfast provides vitamins and minerals.

B. Breakfast improves our physical performance.

E. Breakfast provides us with energy.

C. Breakfast helps you make better food choices.

D. Breakfast helps us to be focused.

## ACTIVITY 2

Number the pictures from 1 to 12, where 1 is the breakfast option that you like the most and 12 the breakfast option that you like the least. Then complete the dialogue with your own information.

<input type="checkbox"/>  Fried egg	<input type="checkbox"/>  Scrambled eggs	<input type="checkbox"/>  Agua de panela	<input type="checkbox"/>  Boiled egg
<input type="checkbox"/>  Changua	<input type="checkbox"/>  Bacon	<input type="checkbox"/>  Coffee	<input type="checkbox"/>  Caldo de costilla
<input type="checkbox"/>  Cheese	<input type="checkbox"/>  Bread	<input type="checkbox"/>  Hot chocolate	<input type="checkbox"/>  Oatmeal

What is your favorite breakfast?



1. My favorite breakfast is \_\_\_\_\_, and 2. my least favorite breakfast is \_\_\_\_\_.





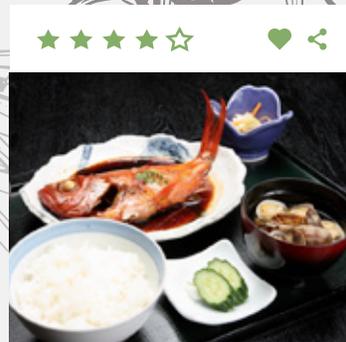
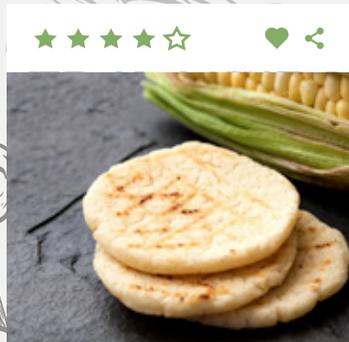
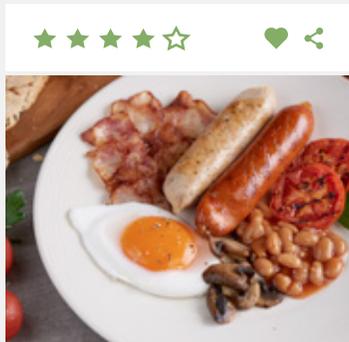
**Did you know?**

Un "foodie" o comidista es un aficionado a la comida que dedica su tiempo a visitar distintos restaurantes y establecimientos de alimentos.

**ACTIVITY 3A**

Breakfast options are really diverse. Read Ana's blog "Foodie Ana" where she shares the traditional breakfasts of three countries. Assign the correct title to each description.

# Foodie Ana



Colombian breakfast

Japanese breakfast

English breakfast

1.

The full English breakfast consists of bacon, eggs, sausage, baked beans, fried tomato, fried mushrooms, black pudding and toasted bread. Very tasty!

2.

There are many breakfast options in Colombia. In some regions, they eat "changua", a soup with milk and egg. Others eat "cayeye", a dish made with green plantain. For others "calentado paisa" is the best breakfast option! So many to choose from!

3.

A traditional Japanese breakfast consists of steamed rice, soup, grilled fish, or other protein and many side dishes including soy sauce.

**ACTIVITY 3B**

Mark the following statements True (T) or False (F) according to Ana's blog.



1. Like Japanese people, in Colombia we also have rice for breakfast. \_\_\_\_\_



2. In Colombia, we don't really have soup for breakfast. \_\_\_\_\_



3. Similarly to Japanese people, in Colombia we use soy sauce for breakfast. \_\_\_\_\_



4. Like English people, we also have eggs for breakfast. \_\_\_\_\_



5. In Colombia, we don't really have fried mushrooms for breakfast. \_\_\_\_\_

**Answer key**

- Activity 3A  
 1. English breakfast 2. Colombian breakfast 3. Japanese breakfast.  
 Activity 3B  
 1-T 2-F 3-F 4-T 5-T

ACTIVITY 4

Read the notes each person shares about their breakfasts. Then, complete the sentences using the examples.

Take Action!

Colombian gastronomy is really rich. In every household breakfast can be different. Ask some of the people you know what they normally have for breakfast! You can ask:

- What do you normally have for breakfast?
- What is your favorite breakfast?

**JULIA**

“ I’m from Ibagué. I have “tamal tolimense”, hot chocolate, cheese, and bread for breakfast. Some days, I also have eggs. ”



**PEDRO**

I’m from Tunja. I have hot chocolate, cheese and “almojábana” for breakfast. Here, we also love “caldo de costilla”



**MIGUEL**

“ I’m from San Gil. I have coffee, “caldo de huevo” and “arepa amarilla” for breakfast. ”



**ROSANA**

“ I am from Barranquilla. I have eggs, “bollo”, “cayeye” and cheese for breakfast. ”



1. Like Julia, Pedro also has hot chocolate for breakfast.
2. Pedro doesn't really have “bollo” for breakfast.
3. Similarly to Miguel, Pedro also has “caldo” for breakfast.
4. Like \_\_\_\_\_, \_\_\_\_\_.
5. Similarly to \_\_\_\_\_, \_\_\_\_\_.
6. \_\_\_\_\_ doesn't really have \_\_\_\_\_.