



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

School

City

Teacher's name

Student's name

Grade

11th

Level A2

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

La presente guía de aprendizaje de inglés para el trabajo en casa se preparó con el fin de ayudar a su hijo o hija a dar información relacionada con temas de la salud. No solo tienen la oportunidad hacer lecturas de cómo ciertos hábitos influyen en nuestra salud sino también como ayudar a nuestro cuerpo a sentirse y estar más saludable. Su hijo (a) deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona con las páginas (110 a la 114) del libro del estudiante English Please 3!, que está disponible en la plataforma Colombia Aprende. Se adjuntó la página del libro al principio de la guía para quienes tiene acceso a internet.

En la parte inferior encontrarán un espacio con algunos recursos como enlaces de apoyo para practicar casa en el tiempo libre. Además, encontrarán también las respuestas de la guía. A su vez, podrán observar un cuestionario útil que usted podrá usar para verificar el trabajo de su hijo o hija.

### WELCOME TO THIS SELF-STUDY GUIDE

This self-study guide will help you know about healthy habits around the world. All the activities are related to the English Please student book 11 Module 3 unit 1. This guide starts with some interesting activities about vocabulary revision. Then, you have to answer some literal and inferential statements from a reading about two important celebrations in the world. Finally, you have to write a ten-line paragraph description about one of the festivals celebrated in our country.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Health	Reading and Writing	Modal verbs: Should	Health and well-being FOOD	Talking about healthy and unhealthy habits

### GET READY



<b>Study time needed:</b>  <b>1 hour</b>	<b>Resources:</b> English dictionary - WhatsApp - workshops- Mail- copies. Pdf English please guide	<b>Textbooks Links:</b> - <i>English please 3, page 110 and 114.</i> - <a href="https://d3rhaqd7pe5pkw.cloudfront.net/English%20Please/Student%20Book%209/ENGLISH PLEASE 9 STUDENT BOOK.pdf">https://d3rhaqd7pe5pkw.cloudfront.net/English%20Please/Student%20Book%209/ENGLISH PLEASE 9 STUDENT BOOK.pdf</a>
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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"> <li>To practise vocabulary related to food-health.</li> <li>To express suggestions about food and health.</li> </ul>	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> <li>Read the instructions for each task.</li> <li>Use the dictionary only if absolutely necessary. Use your prior knowledge and try to infer the meaning. You should not translate word by word.</li> <li>Use your prior knowledge and try to infer the meaning. You should not translate word by word.</li> <li>Use your dictionary only if absolutely necessary.</li> <li>Write on your notebook any "new" learning points discovered.</li> </ul>

## ACTIVITIES

### 1. LANGUAGE TASKS (time) *Vocabulary Task (15 min.)*

*Look at the pictures and classify healthy and unhealthy habits into the following box.*

1



***Eat vegetables***

2



***Eat bread and cakes***

3



***Eat fruit***



4



**Drink sodas**

5



**Wash your hands**

6



**Eat fast food**

7



**Eat candies**

8



**Do exercises**

9



**Drink alcohol**

<b>GOOD HABITS FOR HEALTH</b>	<b>BAD HABITS FOR HEALTH</b>

**FOCUS ON GRAMMAR**

Write a list of advices and help Sara to achieve her diet goals about what kind of food/drinks she **should** or **shouldn't** eat/drink.

**Example: Sara shouldn't eat pizza a lot.**

10



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

11



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**2. SKILLS TASKS**

**READING (20 MIN)**

1. Look at the key words from the first paragraph of the text. What do you think the rest of the paragraph will be about?

*world health crisis obesity adolescents governments*

*choice Individuals Sedentary lifestyles*

**Write your guess here:** \_\_\_\_\_  
\_\_\_\_\_

2. Read the following text carefully and answer the questions below on your notebook.

*A Global Health Crisis*

Large parts of the world are facing a health crisis. Obesity is on the rise, especially among young people. This is partly due to rising sedentary lifestyles. Failing to solve this health crisis among today's adolescents could lead to huge problems for them later in life. Governments can help but the reality is that this is a choice for individuals to make.

Taking simple steps can help teenagers make huge steps in improving their health. One of the fundamental ones is eating a proper breakfast. Some people believe skipping breakfast will help them lose weight. In fact, not eating a proper breakfast makes people snack more throughout the rest of the day.

Snacking is clearly a problem, but there are health risks with many other parts of our diet too. A large part of the world's obesity problem is caused by high consumption of fizzy drinks. One of the world's most popular drinks contains seven spoonfuls of sugar in every can. Choosing healthier drinks with meals can aid a healthy lifestyle.

Alongside eating less, young people need to exercise more. This is harder than in the past because there are fewer green areas where people can play sports. Of course, not everyone enjoys sports. Taking up other active hobbies, such as dance or pilates classes, can be just as effective and needs to be promoted more.

Poor health can also result from a lack of proper rest. Teenagers need around 9.5 hours of sleep a night but most get little more than 7.5. The stress of exams and studying can keep people awake, increasing stress which may cause overeating.

One positive sign is that teenagers are actually healthier than their parents' generation in some ways. People today smoke less and drink less alcohol than in the past. If it has been possible to reduce the amount that people smoke, it must also be possible for people to improve their health in other ways. Eating better and doing more sport are just two ways of avoiding a future medical emergency.

*This text was taken from: English please 3 pag.111*

**QUESTIONS:**

**a.** What is one of the ways to improve health?

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**b.** What can fizzy drinks produce to our health?

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**c.** How many hours do teenagers need to have a proper rest? \_\_\_\_\_

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**d.** What are the two ways of avoiding a future medical emergency? \_\_\_\_\_

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e. What is one of the people's misconceptions about breakfast?

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### 3. ASSESSMENT TASKS

#### Writing:



**Make a poster inviting people to practice healthy habits. Be ready to share in class.**

Take into account:

- ★ Number of words (150)
- ★ Show images
- ★ Be creative

### 4. SELF-ASSESSMENT TASKS (5 minutes)

#### Check your progress

<b>STUDY SKILLS</b>	12 	13 
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<i><b>I can identify vocabulary relating with health habits.</b></i>		
<i><b>I can write and give advices to someone.</b></i>		
<i><b>I can read a text and find specific information about it.</b></i>		
<i><b>I can make a poster and share information about health.</b></i>		

### THIS IS THE END

Congratulations, you can do amazing things. Continue practicing the vocabulary about health habits, and how to give advices in English. You can check the useful resources as well. Finally, take care of yourself with simple but important healthy habits.

### USEFUL RESOURCES

Online English Cambridge dictionary

<https://dictionary.cambridge.org/es/>

<http://aprende.colombiaaprende.edu.co/es/node/123812>

<https://learnenglish.britishcouncil.org/es/category/grammar/should>

### ANSWER KEY

#### 1. Vocabulary task.

**Good habits:** eat vegetables/eat fruits/ do exercises/wash your hands

**Bad habits:** eat candies/drink sodas/drink alcohol/eat fast food

#### 2. Skill task (Reading): Obesity/health/sedentary



**Questions:**

- A.** Eating a proper breakfast
- B.** Obesity problems
- C.** The world's obesity problem is caused by high consumption of fizzy drinks
- D.** Eating better and doing more sport
- E.** Some people believe skipping breakfast will help them lose weight

**ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA**

Una vez su hijo o hija haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permiten verificar el proceso de aprendizaje.

- ¿Cuál fue la actividad que más te gustó y cuál fue la actividad que te pareció más difícil? - Enséñame cómo se dicen en inglés algunos de los objetos de higiene personal que aprendiste. - Enséñame cómo se dan instrucciones en inglés. - ¿Cuánto tiempo te tomó desarrollar toda la guía? - ¿Qué recursos utilizó?

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APPENDIXES

UNIT 3

Module 3

Focus on Language

3. Complete the sentences with the words from exercise 2. Remember to write in your notebook.
- a. ... is important because you need to start the day with lots of energy.
  - b. ... is not a good idea because they contain lots of sugar.
  - c. ... such as beer is illegal for anyone under eighteen.
  - d. ... like football or baseball is a popular after-school activity.
  - e. ... means you will get enough rest.
  - f. ... is a good way to get to school.
4. Read the Useful language box. Then complete the sentences so they are true for you.
- a. Speaking English is ...
  - b. Walking to school is ...
  - c. Playing football is ...
  - d. Doing sports is ...
  - e. Riding a bike is ...
  - f. Cooking is ...
  - g. Dancing is ...

Useful language

Gerunds are verbs that work like nouns. Make gerunds with the -ing form of the verb.  
*Smoking is prohibited. Being on holiday is great!*

Reading Tips

- ✓ Key words are mainly nouns, verbs, adjectives, adverbs.
- ✓ Underline key words in a text to help you understand the text better.

Read

5. Look at the key words from the first paragraph of the text. What do you think the rest of the paragraph will be about?

- world
- health
- crisis
- obesity
- adolescents
- governments
- choice
- individuals
- sedentary lifestyles

6. Read the rest of the text and identify the key words in each paragraph. Then choose the correct heading a-e for each paragraph.
- a. Go to bed on time
  - b. Exercise to music is as good as ball games
  - c. Some good news
  - d. Start the day well
  - e. Stick to water

A Global Health Crisis

Large parts of the world are facing a health crisis. Obesity is on the rise, especially among young people. This is partly due to rising sedentary lifestyles. Failing to solve this health crisis among today's adolescents could lead to huge problems for them later in life. Governments can help but the reality is that this is a choice for individuals to make.

1. \_\_\_\_\_  
 Taking simple steps can help teenagers make huge steps in improving their health. One of the fundamental ones is eating a proper breakfast. Some people believe skipping breakfast will help them lose weight. In fact, not eating a proper breakfast makes people snack more throughout the rest of the day.

2. \_\_\_\_\_  
 Snacking is clearly a problem, but there are health risks with many other parts of our diet too. A large part of the world's obesity problem is caused by high consumption of fizzy drinks. One of the world's most popular drinks contains seven spoonfuls of sugar in every can. Choosing healthier drinks with meals can aid a healthy lifestyle.

3. \_\_\_\_\_  
 Alongside eating less, young people need to exercise more. This is harder than in the past because there are fewer green areas where people can play sports. Of course, not everyone enjoys sports. Taking up other active hobbies, such as dance or pilates classes, can be just as effective and needs to be promoted more.

4. \_\_\_\_\_  
 Poor health can also result from a lack of proper rest.

Teenagers need around 9.5 hours of sleep a night but most get little more than 7.5. The stress of exams and studying can keep people awake, increasing stress which may cause overeating.

5. \_\_\_\_\_  
 One positive sign is that teenagers are actually healthier than their parents' generation in some ways. People today smoke less and drink less alcohol than in the past. If it has been possible to reduce the amount that people smoke, it must also be possible for people to improve their health in other ways. Eating better and doing more sport are just two ways of avoiding a future medical emergency.



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