

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

**School** \_\_\_\_\_ **City** \_\_\_\_\_

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

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

**Grade** \_\_\_\_\_ **7th** \_\_\_\_\_ **Level** \_\_\_\_\_ **A1** \_\_\_\_\_

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia y acudientes reciban un cordial saludo.

El presente trabajo tiene como objetivo fortalecer en los estudiantes del grado séptimo las habilidades de Reading (lectura) y Writing (escribir). Bajo la supervisión de cada uno de ustedes se fortalece el proceso de acercamiento a una lengua extranjera donde se generan nuevos aprendizajes que van más allá de lo lingüístico y lo local.

Su hijo deberá dedicar 2 horas de trabajo para desarrollar esta guía. Puede realizar la consulta en las páginas 7 a 9 del libro Way to Go 7, Workbook, Módulo 1, Unidad 2.

**La actividad 1.** Corresponde a ejercicios de identificación de vocabulario relacionado con algunos alimentos y su clasificación de acuerdo con la pirámide nutricional, elementos de higiene personal y actividades saludables. Al momento de resolverlos debe prestar especial atención tanto a las instrucciones como a las imágenes y ejemplos que se presentan.

**La actividad 2.** Esta actividad está propuesta para realizar un ejercicio de comprensión de lectura a nivel literal, sobre hábitos de vida saludables, en ella el estudiante deberá seleccionar la respuesta correcta de acuerdo con la información que se presenta en el texto.

**La actividad 3.** Luego de haber realizado las actividades anteriores su hijo seleccionará la frecuencia en que realiza algunas actividades y estará en capacidad de realizar un escrito de 100 palabras acerca de su rutina personal diaria. El escrito debe evidenciar apropiación del vocabulario estudiado y uso adecuado de los adverbios de frecuencia.

Es importante tener en cuenta que cada actividad ofrece ejemplos que orientan el desarrollo de cada ejercicio y que las respuestas correctas y recursos de apoyo se encuentran al final de la guía. Agradecemos su colaboración para que su hijo (a) desarrolle todas las actividades.

Como elemento de cierre, encontrarán una serie de preguntas de verificación frente a lo que su hijo(a) aprendió mediante el desarrollo de esta guía. La intención es que su hijo(a) logre realizar un ejercicio reflexivo.



### WELCOME TO THIS SELF-STUDY GUIDE

Are you a healthy teen? With this self-study guide you'll learn about it and reflect on the ways you are taking care of your body. Today you'll reinforce both vocabulary related to personal care and healthy lifestyles; also, you'll train your writing and reading skills through some exercises based on useful vocabulary about food's nutritional facts, personal hygiene elements and healthy activities. These activities are taken or adapted from Way to Go Workbook Unit 2 - module 1, lesson 1. It starts with some vocabulary exercises and an approach to adverbs of frequency. Then a literal reading comprehension task. Finally, a writing task, where you must write a short text using the studied vocabulary and the adverbs of frequency.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
HEALTHY TEENS!	Reading and Writing	Frequency Adverbs	Personal care Healthy eating lifestyle	Expressing personal routines Giving information about healthy habits

### GET READY

**Study time needed**

**2 hours**

**Resources:** Notebook, dictionary, pencil case, Way to Go 7th student book and workbook, mobile phone, computer.

**Textbooks Links:**

[WAY TO GO 7TH, WORK BOOK, MODULE 1- UNIT 2 – pages 7 - 9.](#)

### LEARNING OBJECTIVES

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

- To identify and use vocabulary about healthy food, personal care and healthy habits.
- To understand texts about daily routines and activities related to healthy food, personal care and healthy habits.
- To write a brief text about personal care and healthy habits taking into account the studied topics from this guide.

### LEARNING STRATEGIES

*What can you do to achieve the objectives?*

- Read carefully this guide
- Use the dictionary
- Check the suggested links
- Analyze the given examples
- Develop exercises according to given instruction
- Prepare your writing about personal care, using simple phrases and sentences

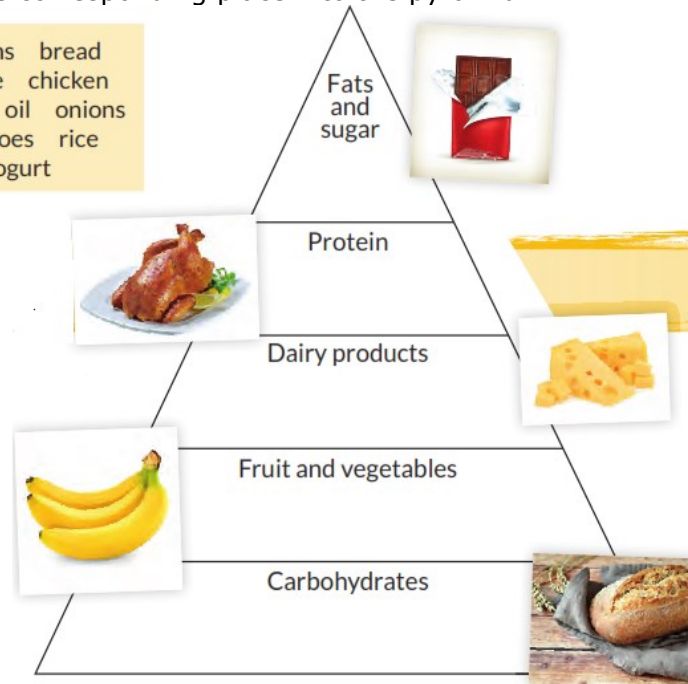


## ACTIVITIES

### 1. VOCABULARY TASKS (40 minutes)

A. Write the food from the box in the corresponding place into the pyramid.

apples bananas beans bread  
 broccoli carrots cheese chicken  
 eggs fish meat milk oil onions  
 oranges pasta potatoes rice  
 spinach sweets yogurt



B. Label the picture with the corresponding word, use the work bank below.

**Deodorant - Toothpaste - Soap - Water – Shampoo - Hairbrush - Nail clipper**

 _____	 _____	 _____	 _____
 _____	 _____	 _____	



C. **Answer** these questions according to you. Use the vocabulary from the previous activity.

1. **What do you use to brush your teeth?** *I use toothpaste and brush.*

2. What do you use to wash your hair? \_\_\_\_\_

3. What do you use to brush your hair? \_\_\_\_\_

4. What do you use to smell nice? \_\_\_\_\_

5. What do you use to cut your nails? \_\_\_\_\_

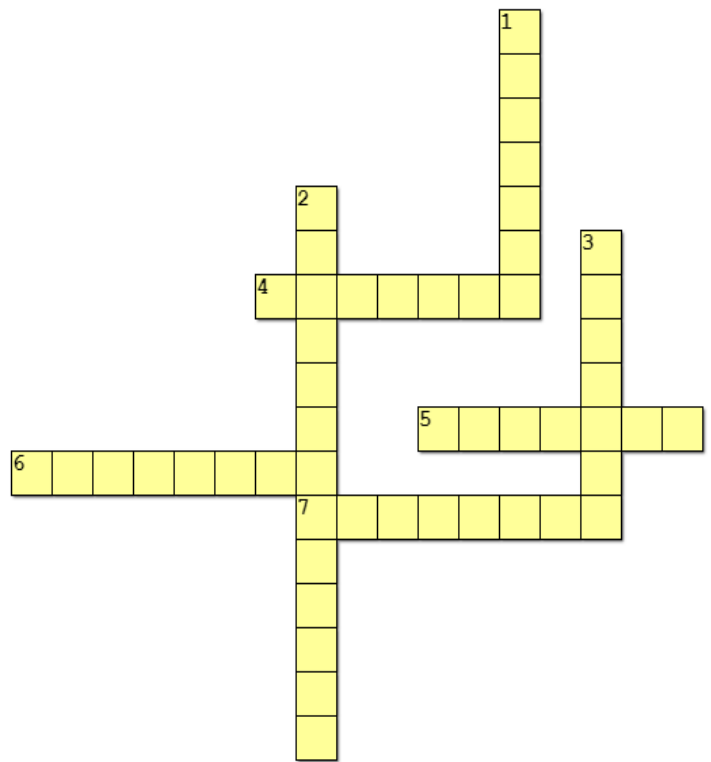
D. **Read** the definition, **guess the words** in the following crossword related to the practice of healthy activities.


**Across**

4. Go step by step
5. You need music and follow the rhythm
6. You use a rope
7. You do this in a pool

**Down**

1. Nairo Quintana Practices it
2. We use a ball to play it
3. Walk very fast



 **Did you guess them correctly? Check your answers in the answer key to be sure! This vocabulary will be very useful for your final task.**



## 2. READING TASKS (25 minutes)

A. **Read** the poster for a campaign to encourage teenagers to live healthy lives. **Match** the headings (1–3) with the paragraphs (a–c).

**How to Be a Healthy Teen**

Here are some tips that can help you to grow into a healthy adult.

1. Keep active and take a break    2. Good personal hygiene    3. Eat healthy food

a. Eat a balanced diet that includes fruit and vegetables. Avoid sugars and starches. Cut out fast foods. Drink lots of water.

b. Develop the habit of doing physical activities you enjoy: e.g. running, swimming, or riding a bike. Get enough sleep: your body needs eight hours of sleep a night.

c. Have a shower every day. Wash your hair regularly. Brush your teeth twice a day. Keep your nails short: fingers and toes!





B. Tick ✓ the correct answer according to the text.

<p><b>1. A balanced diet includes:</b></p> <ul style="list-style-type: none"> <li>a. Fats and sugar</li> <li>b. Fruits and vegetables</li> <li>c. Soda and Juice</li> <li>d. Candies</li> </ul>	<p><b>2. "Have shower" includes:</b></p> <ul style="list-style-type: none"> <li>a. Washing your hair</li> <li>b. Brushing your teeth</li> <li>c. Keeping your nails</li> <li>d. Using deodorant</li> </ul>
<p><b>3. Physical activities are:</b></p> <ul style="list-style-type: none"> <li>a. Eat fast food</li> <li>b. Running and riding bike</li> <li>c. Have a shower</li> <li>d. Sleep</li> </ul>	<p><b>4. How many hours do you need to sleep?</b></p> <ul style="list-style-type: none"> <li>a. One hour</li> <li>b. Six hour</li> <li>c. Eight hour</li> <li>d. Ten hour</li> </ul>



- C. Santiago is participating in the contest "How to be a healthy teen". He wrote the following text talking about his lifestyle. Read Santiago's text.

My name is **Santiago Álvarez**. I live in Guaduas, Cundinamarca. It is a very nice place. In Guaduas the weather is hot, for that reason I always have a shower twice a day. In the morning, I often do exercise or go swimming. Then I have a balanced breakfast; Sometimes, I include proteins like meat or fish. I never drink yogurt because I don't like it.

After breakfast, I go to school so quickly because my teacher checks my personal presentation and punctuality. For that reason, I always cut my nails, wash my hair and smell well. I think personal care is necessary to be healthy. I love taking care of myself!

1. What is Santiago describing?
  - A. His routine or everyday life
  - B. His likes and dislikes
  - C. His town and school
2. In the second line the word "always" refers to...
  - A. An activity he does every day.
  - B. An activity he did only that day.
  - C. An activity he does once a day.
3. Look at the underline words location. Tick all the options that apply
  - A. They're after the verb.
  - B. They're between the subject and the verb.
  - C. They're at the beginning of the sentence.
  - D. They're at the end of the sentence.
4. Check the following schedule and answer the questions.

SANTIAGO'S ROUTINE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Have a shower	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Do exercise or go swimming		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Have a balanced breakfast	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Drink yogurt							
Cut his nails			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

- A. How often does Santiago have a shower? \_\_\_\_\_.
- B. How often does Santiago do exercise or swimming? \_\_\_\_\_.
- C. How often does Santiago drink yogurt? \_\_\_\_\_.

5. What do the underline words express in the text ? Analyze Santiago's schedule and the question "how often"? \_\_\_\_\_

**Great ! You are now familiar with adverbs of frequency. These words help us express the regularity of our activities.**





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

Criteria to get 5.0

- **Responsibility:** Complete all the activities proposed in this guide. **2.0**
- **Punctuality:** Send your work on time. **1.0**
- **Quality:** Order, handwriting, coherence and cohesion. **2.0**

Tick ✓ your progress. Self-assess according to your performance:

SKILL	CRITERIA	Very Well 	Quite Well 	With Difficulty 
<b>Reading</b>	I can understand texts about healthy habits, lifestyle and personal care.			
<b>Writing</b>	I can write about my personal routine and lifestyle.			

### THIS IS THE END

Now, you can express your healthy routine and talk about your healthy habits. Congratulations on your effort in order to continue learning and improving your life!

### USEFUL RESOURCES

Use these links in order to check vocabulary:

[ENGLISH DICTIONARY: Word Reference.](#)

[ENGLISH DICTIONARY: Cambridge.](#)

Here you can find some useful information about frequency adverbs:

[ADVERBS OF FREQUENCY](#)

### ANSWER KEY

<b>1A.</b> <b>Fats and sugar:</b> Oil, sweets Proteins: meat, fish, chicken, eggs. <b>Dairy products:</b> cheese, milk,	<b>1B</b> <b>1.</b> Toothbrush and toothpaste <b>2.</b> Shampoo and water <b>3.</b> Hairbrush <b>4.</b> Deodorant and soap	<b>2A</b> <b>1-B</b> <b>2-C</b> <b>3-A</b> <b>2B</b> <b>1-b</b> <b>2-a</b>	<b>3A</b> Open answers
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<p>yogurt.</p> <p><b>Fruit and vegetables:</b> bananas, apples, oranges, beans, broccoli, carrots, onions, spinach.</p> <p><b>Carbohydrates:</b> bread, pasta, rice, potatoes.</p>	<p><b>5.</b> Nail clipper</p> <p><b>1D.</b></p> <p><b>Across:</b> 4. Walking 5. Dancing 6. Skipping 7. Swimming</p> <p><b>Down</b> 1. Cycling 2. playing soccer 3. Running</p>	<p><b>3-b</b> <b>4-c</b></p> <p><b>2C</b> <b>2C</b> <b>1. A</b> <b>2. A</b> <b>3. B</b> <b>4. A-Always</b> <b>B-Sometimes</b> <b>C-Sometimes</b> <b>D-Never</b> <b>E-Often</b> <b>5.</b> They express frequency or regularity of Santiago's activities.</p>	
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### ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo/a haya terminado las actividades de esta guía, pídale que le cuente acerca de los hábitos de higiene que practican en familia, de manera que incluya en su conversación algo del vocabulario aprendido.

Así mismo, pídale que le cuente cuál fue la actividad que más le gustó y en cuál presentó algún tipo de dificultad. Si es posible que le dé un valor de 1 a 10.

Anime a su hijo a que continúe practicando el vocabulario aprendido pidiéndole que nombre algunas actividades de vida saludable, alimentos nutritivos y elementos de aseo personal. Agradecemos su tiempo y apoyo en el proceso de acompañamiento que realiza con su hijo/a, esto evidencia corresponsabilidad en la formación del estudiante.

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module 1 // Unit 2

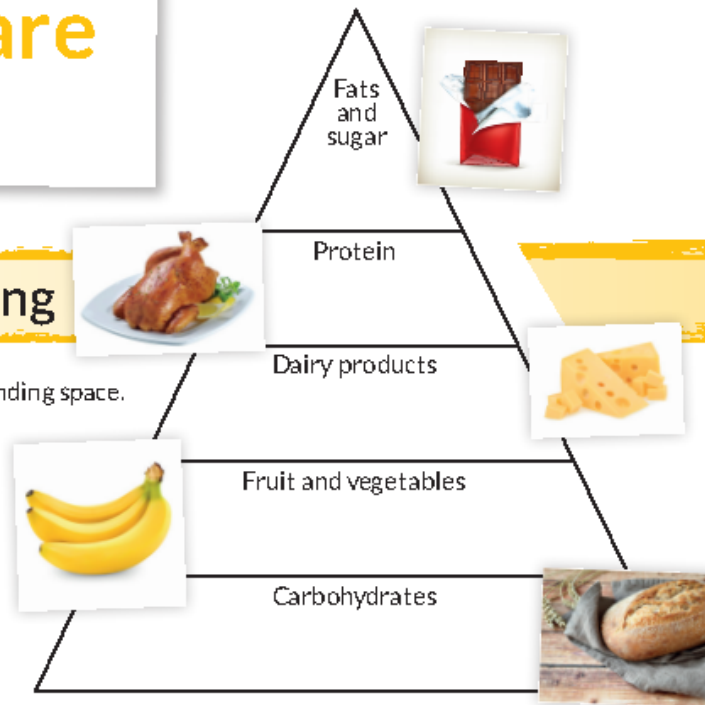
# Unit »2

## I Can Take Care of My Body

### Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

apples bananas beans bread  
 broccoli carrots cheese chicken  
 eggs fish meat milk oil onions  
 oranges pasta potatoes rice  
 spinach sweets yogurt



2. Read the text and answer the questions.

The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

1. Can you reduce illnesses eating fruit and vegetables? Yes, you can
2. Can carbohydrates help your digestion? \_\_\_\_\_
3. Does calcium help to produce strong bones and teeth? \_\_\_\_\_
4. Is iron bad for your brain? \_\_\_\_\_
5. Are all oils bad for your body? \_\_\_\_\_
6. Are sweets good for your health? \_\_\_\_\_



MODULE // 1 Unit // 2 Lesson // 2

# Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- |                          |                              |
|--------------------------|------------------------------|
| 1. Cleaning the house    | A. makes you ill.            |
| 2. Doing exercise        | B. prevents allergies.       |
| 3. Eating unhealthy food | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise \_\_\_\_\_.
- Eating unhealthy food \_\_\_\_\_.
- Being outdoors \_\_\_\_\_.
- Being indoors \_\_\_\_\_.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete baseball basketball cycling football swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You \_\_\_\_\_.
- I can jump very high. \_\_\_\_\_.
- I can't be underwater. \_\_\_\_\_.
- I can throw the ball very far. \_\_\_\_\_.
- I can't control the ball with my feet. \_\_\_\_\_.

4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
	<i>sing</i>

- I can't sing well, but I want to take singing lessons.
- I can \_\_\_\_\_.
- I can't \_\_\_\_\_.
- I \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.



## module 1 // Unit 2

### Lesson 3 » Being Clean is Cool and Fun!

1. Use the photos to answer the questions.



1. What do you use to brush your teeth? Use a toothbrush and toothpaste.
2. What do you use to wash your hair? \_\_\_\_\_
3. What do you use to brush your hair? \_\_\_\_\_
4. What do you use to smell nice? \_\_\_\_\_
5. What do you use to cut your nails? \_\_\_\_\_



2. Complete the survey about you. Write full sentences.

How often do you ...	Write full sentences using <i>always, often, sometimes, or never</i>
have a shower?	
brush your teeth?	
wash your hair?	
brush your hair?	
cut your nails?	
use deodorant?	

3. Read about Santiago's hygiene routine. Complete the paragraph with the correct form of the verbs.

### Lifestyle

Santiago <sup>1</sup> lives (live) in a very hot city. For this reason, he <sup>2</sup> \_\_\_\_\_ (have) a shower twice a day (sometimes three times in a day when it is very hot): in the morning before school and when he <sup>3</sup> \_\_\_\_\_ (arrive) home. Sometimes he <sup>4</sup> \_\_\_\_\_ (have) a shower before going to bed. He also <sup>5</sup> \_\_\_\_\_ (wash) his hair every day because of the temperature. He only <sup>6</sup> \_\_\_\_\_ (brush) his teeth twice a day because he can't do it at school. In hot weather nails grow faster, so he <sup>7</sup> \_\_\_\_\_ (cut) his nails twice a week. So, as you can see, routines can be different for many people!