

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

School _____ **City** _____
Teacher's name _____
Student's name _____
Grade 7 **Level** A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de trabajo de autoestudio para realizar en casa, se diseñó con el propósito que sus hijos tengan material de repaso de vocabulario relacionado con los aspectos de vida saludable. Además de ello, adquieran competencia lectora para fortalecer el reconocimiento y pronunciación de palabras, frases e instrucciones del cuidado personal. Es así, que este trabajo que se propone para el estudiante, es tomado del Way to Go 7, el cual se encuentra en la página 20 módulo 1, Unidad 2, lección 1, que está disponible en la plataforma Colombia Aprende. Finalizando la guía encontrará páginas del libro para quienes presentan dificultad en el acceso a la página de internet, y puedan de este modo realizar la guía de autoestudio sin inconvenientes.

A continuación, se expondrá brevemente cada actividad:

Actividad 1: La primera actividad es de vocabulario. Los estudiantes tienen que escribir la palabra en la pirámide en el espacio correcto y correspondiente. Para ello se pueden guiar con las imágenes que aparecen allí.

Actividad 2: La segunda actividad corresponde a un ejercicio de lectura. El estudiante debe leer el cuadro y relacionar los elementos de la primera casilla (1-5) con los elementos de la segunda cuadrícula (A- E). Todo ello se encuentra relacionado con aspecto de comida y vida saludable. En segundo momento, el niño debe, relacionar las frases del primer cuadro (1-3) con las frases del segundo cuadro (a-c).

Es necesario mencionar que esta guía brinda recursos adicionales y de apoyo para los estudiantes. Sin embargo, es fundamental su presencia como padre de familia en el acompañamiento y procesos de su hijo. Al finalizar también encontrará las respuestas de las actividades para que pueda verificálas con las respuestas arrojadas por sus hijos. Esto con el fin de generar vínculos en los procesos del aprendizaje.

WELCOME TO THIS SELF-STUDY GUIDE

This self-study guide is intended to reinforce vocabulary and reading about healthy foods and habits. Therefore, the activities are related to the topic of personal care habits presented in "Way to Go" Student Book 7 Module 1 Unit 2 Lesson 3. The activities include a review of vocabulary and reading practices. At the end of the guide there is a section called Self-assessment to evaluate the achievement of the objectives.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy Eating	Reading	Simple present	Nutrients, Types of food	Describing healthy eating habits.



GET READY

Study time needed:
1 hour

Resources:
English Dictionary, notebook, pencil, video camera of cellphone, sheet of paper, PDF Way to Go Student book 7

Textbooks Links:

- Links: Way to Go Student Book 7, page 28 Exercise 6 - Way to Go Workbook 7 page 9 Exercise 1
https://drive.google.com/file/d/1C_Ez_knz9NiFWocewZJ0_blrpp8O-uoF/view
<https://drive.google.com/file/d/1aKkxDUnPAEiGY-7i2WoWrVMUpWPVsptZ/view>

LEARNING OBJECTIVES

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

- Practice Vocabulary related to food and healthy life
- To identify information about healthy eating habits in short texts.

LEARNING STRATEGIES

What can you do to achieve the objectives?

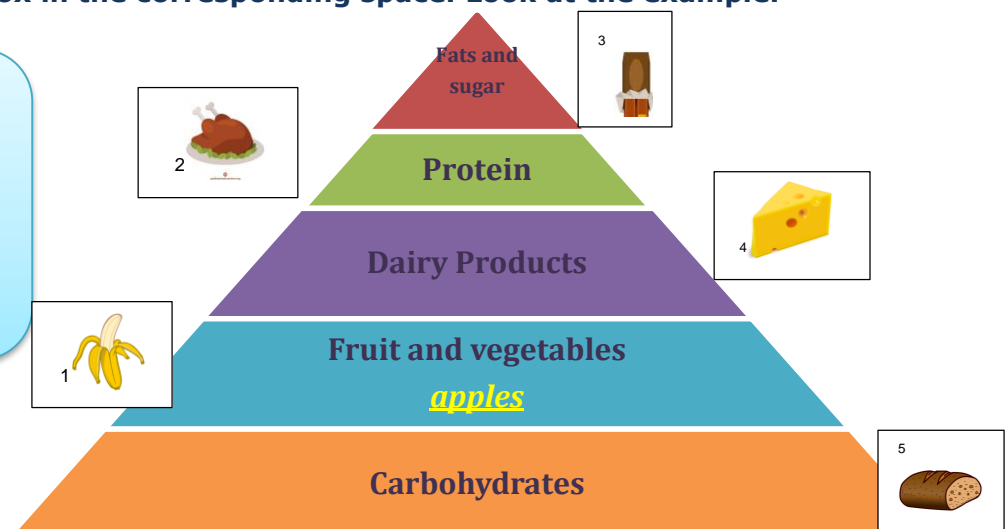
- Read the instructions for each task, based on comprehension and understanding of the language. Use examples in each task to understand the exercise.
- Use educational tools such as the dictionary through a free application where you can not only understand the meaning but also hear the correct pronunciation.
- Use your previous knowledge to infer the meaning and interpret the words and exercises presented.
- Write down any "new" learning and points discovered in your notebook

ACTIVITIES

1. VOCABULARY TASKS (15 minutes)

- Write the food from the box in the corresponding space. Look at the example.

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










2. READING TASKS (45 minutes)

A. Read the chart and match the nutrients (1-5) with the types of food (a-e). Example: 1 and C.

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	Nutrient	Types of Food
	1. Protein: Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
	2. Vitamins and minerals: Eat four to five portions every day.	b. bread, starches (potatoes, rice, pasta), sweets
	3. Fibre: Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
	4. Carbohydrates: Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
	5. Fats: Eat one portion every day.	e. cereals and whole grain

B. Read » Read the poster for a campaign to encourage teenagers to live healthy lives. Match the headings (1-3) with the examples (a-c).

Example: 1. Keep active and take breaks - D

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!



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C. Read the statements and choose the correct option. Look at the example.

1. To have a good personal hygiene you can
 - a. **Brush your teeth**
 - b. Avoid sugar
 - c. Drink lots of water
2. Eat healthy food means
 - a. Brush your teeth
 - b. sleep 8 hours
 - c. have a balanced diet



- 3. Riding a bike is a tip for
 - a. Personal hygiene
 - b. Keep active
 - c. Eat healthy
- 4. For a good personal hygiene
 - a. Cut out food
 - b. cut your nails
 - c. cut hours of sleep
- 5. Your body needs
 - a. Eight glasses of water
 - b. eight portions of fruit
 - c. eight hours of sleep

3. SELF-ASSESSMENT TASKS (time)

CHECK YOUR PROGRESS!	Very Well  8	Quite Well  9	With Difficulty  10	Discuss with your parents, and answer the questions below
I can identify vocabulary related to food.				How many new words did you learn? _____
I can identify information about food in short texts				What tip do you remember? _____ _____

THIS IS THE END

Congratulations on getting to this point in the guide. It is essential that you continue practicing the vocabulary seen, reading instructions, words and phrases in English related to this topic. You can also consult additional resources that will be of great help. Finally, do not forget that this theme is important and that it can be put into practice in your life through healthy habits and food.

USEFUL RESOURCES

Vocabulary

- <https://learnenglishkids.britishcouncil.org/category/topics/food>
- <https://quizlet.com/67082715/healthy-habits-vocabulary-flash-cards/>

Video

- https://www.youtube.com/watch?v=oKHs_-6oR6s

Listening

- <https://www.esl-lab.com/intermediate/healthy-lifestyle/>



ANSWER KEY

1. VOCABULARY TASK:

- **Carbohydrates:** beans, bread, rice, pasta, potatoes.
- **Fruit and vegetables:** Apples, bananas, oranges, spinach, broccoli, carrots, onions.
- **Dairy Products:** cheese, eggs, yogurt, milk.
- **Protein:** chicken, fish, meat.
- **Fats and sugar:** oil, sweets.

2. READING TASKS:

A- 1 -C; 2-A; 3-E; 4-B; 5-D.

B- 1-B; 2-C; 3-A.

C- 1-C, 2-c, 3-A, 4-B, 5-C.

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 le gustó? ¿Por qué?
- ¿Cuál fue la actividad que más le causó dificultad? ¿Por qué?
- Cuéntame de algunas palabras que aprendiste.
- ¿Cuáles son los alimentos saludables que deberíamos consumir en familia?

¿Cuánto tiempo tardaste desarrollando la guía? ¿Qué recursos empleaste para ello?

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Way to go student book 7, page 20, module 1, Unit 2 lesson 1

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

Unit » 2

I Can Take Care of My Body

» Objectives

- » I can describe personal care habits and routines: diet (food) and physical activity.
- » I can express abilities and possibilities.

In Context » Healthy Eating

1. **Read** » Read the poster for a campaign to encourage teenagers to live healthy lives. Match the headings (1-3) with the examples (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!



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2. **Write** » Work with a partner. Complete the chart (1-9) with the tips in exercise 1.

Diet	Rest	Exercise	Healthy habits & routines
eat fruit and vegetables	1...	running	have a shower every day
2...	2...	3...	4...
3...	3...	4...	5...
4...	4...	5...	6...

Study Tip

Take regular breaks when you are studying. For example, go for a short walk. This will improve your concentration and help you to focus.



module 1 // Unit 2

3. Write » Answer the questions.

1. Do you have a shower every day? *Yes, I do. / No, I don't.*
2. Does your best friend get enough sleep? *Yes, he (she) does. / No, he (she) doesn't.*
3. Does your teacher drink lots of water?
4. Do your classmates eat a balanced diet?
5. Do you wash your hair regularly?
6. Does your partner keep his/her nails short?

4. Speak » With a partner talk about the things you can do to have a healthy life.

What can I do to be healthy?



You can eat lots of fresh fruit and vegetables. And you can go to bed early and get enough sleep.






7 5. Listen » Listen to a nutritionist explaining what a healthy balanced diet is and why it's important. Match the nutrients (1-5) with their functions (a-e).

A healthy balanced diet includes foods that give you a variety of nutrients: proteins, vitamins and minerals, carbohydrates, fats and also fibre.



- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Protein 2. Vitamins and minerals 3. Fibre 4. Carbohydrates 5. Fats | <ol style="list-style-type: none"> a. helps the body digest food b. help the body absorb minerals and store energy c. increases your body mass: helps your muscles to grow d. help you grow properly and fight diseases e. give your body energy |
|---|---|

6. Read » Read the chart and match the nutrients (1-5) with the types of food (a-e).

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