

**"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

Estimados padres de Familia y Acudientes,

Con el propósito de que desarrollemos un trabajo conjunto encaminado a que su hijo(a) cuente con el apoyo de nosotros los docentes, al igual que el suyo como padre de familia o acudiente, en el proceso de enseñanza-aprendizaje; hemos diseñado esta guía de trabajo en casa. Esta le permitirá repasar los conceptos sobre hábitos personales saludables relacionados con la alimentación y la actividad física. En la guía encontrará vocabulario de alimentos saludables, ejercicio, lo mismo, que algunas pautas que le ayudaran a tener una buena salud. El joven deberá dedicar una hora para desarrollar todas las actividades. Los temas aquí expresados se relacionan con aquellos que aparecen en el libro del estudiante "Way to Go", del grado séptimo en las páginas 20-21 y 22 y que está disponible en la plataforma Colombia Aprende del Ministerio de Educación Nacional.

-La actividad de vocabulario (Vocabulary) tiene 5 tipos de ejercicios, relacionar las imágenes con las respectivas palabras sobre alimentos, clasificar los alimentos y los nutrientes e identificar los nutrientes en los alimentos.

-La actividad de lectura (Reading) tiene dos ejercicios de comprensión. El primero es responder unas preguntas y el segundo es de falso y verdadero.

-La actividad de gramática (language Awareness) Ofrece ejemplos de cómo realizar preguntas sobre hábitos saludables. Analizar los ejemplos y responder las preguntas sobre éstos. Del mismo modo, hay tres ejercicios de práctica.

-La actividad de oralidad (Speaking) Debe crear preguntas relacionadas con hábitos saludables y hacerlas a un compañero vía WhasApp, grabar la llamada y enviarla al docente.

La actividad de autoevaluación (self-assessment) es para que su hijo(a) evalúe su desempeño y los logros alcanzados en el desarrollo de esta guía.

En cada actividad encontrará las respectivas instrucciones y un ejemplo lo que le facilitará el desarrollo de la misma. Es importante que usted esté constantemente supervisando que su hijo(a) o acudido realice a conciencia las diversas actividades proyectadas en la guía.

Al final de la guía se agrega las respuestas para comparar y verificación las respuestas propias.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you to practise asking and answering questions about healthy habits. It starts with vocabulary activities related to healthy food, then there is a text with two types of reading comprehension questions, you will analyze the examples to notice how to ask questions, and it ends up with a speaking activity.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy Habits	-Reading -Speaking	Simple Present tense	Food for a balanced diet, Physical activity	Ask and answer about healthy habits.

GET READY

Study time needed: 1 hour	Resources: Notebook, pencil, Bilingual English Dictionary, English Text: Way to Go 7 Student's Book. Pictures.	Textbooks Links: Way to Go Student's Book 7, Module 1 Unit 2 pages 20-21-22 http://aprende.colombiaaprende.edu.co/es/node/94010
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LEARNING OBJECTIVES

LEARNING STRATEGIES

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

- To practice vocabulary related to food.
- To classify food according to the nutrients.
- Ask and answer questions in the Simple Present about Healthy routines and habits.

What can you do to achieve the objectives?

- Read the instructions of each one of the activities
- Look at the examples given to have a clear idea of the exercise
- Use a free dictionary app to listen to the pronunciation of the new vocabulary
- Only use the dictionary when is absolutely necessary to know the meaning of a word. Do not translate each word.
- Write in your notebooks any information that is relevant for you.

ACTIVITIES

1. VOCABULARY TASKS (15 minutes)

a. Label the pictures using words from the box below. Follow the examples given.

MILK	POTATOES	BEEF	YOGHURT	RICE	CHEESE
PASTA	CHICKEN	BEANS	FISH	EGGS	FRUITS
					OLIVE OIL



1.



2.

MILK



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13

b. Classify the food in exercise A, with the type of nutrient.

Look at the example

NUTRIENTS				
PROTEINS	VITAMINS AND MINERALS	FIBRE	CARBOHYDRATES	FATS
beef				



c. Match the nutrients 1-5 to the types of food a-e.

	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

14.

D. Look at the typical Colombian dishes (a-c) and label them with the nutrients (1-6) they provide. Look at the **example** of the Paisa breakfast.

a. A paisa breakfast



A bowl of chocolate milk – nutrients: *carbohydrates, fats*

Arepas – nutrients: *carbohydrates*

Calentao – nutrients: *carbohydrates, protein, fats*

b. Tamal



Corn – nutrients: ¹...

Meat – nutrients: ²...

Peas and carrots – nutrients: ³...

c. Sancocho



Meat and chicken – nutrients: ⁴...

Plantain, yucca, potato – nutrients: ⁵...

Onion and coriander – nutrients: ⁶...

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E. Look at Exercise D again and notice the nutrients for the description of each dish, then, answer the following questions:

1. What are the carbohydrates in the Paisa breakfast?

2. In the dishes shown, is there a dish that you eat frequently?

Example: yes, I usually eat Sancocho.

2. READING TASK (15 MINUTES)

A. Read about a typical dish of Colombia and answer the questions.

My favourite typical dish is a 'paisa' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and use it when I do exercise. My grandmother makes great 'calentao' which has carbohydrates, fats and protein; the proteins make my muscles grow.



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1. what is the boy favorite typical Colombian dish? _____

2. according to the boy who makes great Calentao? _____

3. What are the nutrients of the arepas? _____



B. True of False

- 1. The boy stores chocolate milk ___F___
- 2. The boy exercises _____
- 3. The body uses energy from the carbohydrates and fats _____
- 4. Calentao has minerals and vitamins _____
- 5. Proteins make muscles grow _____

Remember: To have a healthy body you have to combine the adequate food and establish regular physical exercise sessions.

3. LANGUAGE AWARENESS (15 MINUTES)

A. Look at the following examples of questions and choose the correct option.

- Do** proteins make muscle grow? Yes, they do.
- Do** you wash your hands before eating? Yes, I do.
- Do** you brush your teeth after eating? Yes, I do.
- Do** you eat fast food? No, we don't.
- Does** the boy exercise? Yes, he does.
- Does** she eat healthy food? No, she doesn't.

1 What are the questions about?

- a. Habits b. Stories c. Permission



2. Do the questions ask for?



- a. Extra information b. Confirm information
- 3 What are auxiliary verbs we use to ask in the Present Simple?
 - a. Do and Did b. Do and Does
- 4. What is the auxiliary verb with they, we, you and I?
 - a. Do b. Does
- 5. What is the auxiliary verb with he, she and it?
 - a. Do b. Does
- 6. What do we add to the auxiliary verb in negative sentences? _____
- 7. How do we answer the questions?
 - a. yes/No + auxiliary verb subject b. auxiliary verb+subject c. yes/No+subject+auxiliary verb

B. Find the mistake and correct it.

- 1. **Do** he wash his hands before eating? Yes, he doesn't. Does he wash his hands.....? Yes, he does.
- 2. Do she exercise every day? Yes, she does. _____
- 3. Does they eat healthy food? Yes, they do _____
- 4. Do they brush their teeth? No, they do _____
- 5. Does she take a shower every day? Yes, she do _____

C. Now, according to the pictures and symbols, answer these questions: Examples:

1. Does he take a shower every day?  ¹⁷  ¹⁸ No, he doesn't.

2. Do they brush their teeth every day?  ¹⁹  ²⁰ Yes, they do.

3. Does your sister eat junk food?  ²¹ _____

4. Do your friends do exercise daily?  ²²  ²³ _____



5 Does your mother brush her hair regularly?

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6 Does your brother cut his nails?

25



26



27

7 Does your classmates avoid sugars and starches?

D. Look the pictures and the clues carefully¹. Then, ask and answer in the Present Simple.



Example:

²⁸ **SHE – BRUSH THE TEETH**

-DOES SHE BRUSH THE TEETH EVERY DAY? Yes, she does.



PAUL – GET ENOUGH SLEEP?

1.

²⁹



THEY – HAVE A SHOWER EVERY DAY?

2.

³⁰



³¹



YOUR BROTHER – DRINK LOTS OF WATER

3.

³²



MARGARET – EAT A BALANCED DIET

4.

³³



THE GIRL – WASH HER HAIR REGULARLY?

5.

³⁴



HELEN AND KATHY - KEEP THEIR NAILS SHORT?

6.

³⁵

¹Adapted from Way to go! 7 – Exercise 3- page 21

4. SPEAKING TASK

NOW IT'S TIME TO ASK SOMEONE

1. Write at least three questions about healthy food, habits and routines.
2. Choose a classmate or teacher to ask those questions.
3. Record an audio by whatsapp asking the questions.
4. Wait for that person to answer you so can register the answers.
5. You must be prepared, maybe some friends will ask you their questions.






Example: Do you like to eat fastfood?

Question #1		Answer #1	
Question #2		Answer #2	
Question #3		Answer #3	

4. EVALUATE YOUR WORK (10 MINUTES)

Tick (✓) the option that indicates your advance in the solving of this guide.

CHECK YOUR PROGRESS!	 36	 37	 38	DISCUSS WITH YOUR PARENTS, THEN ANSWER THE QUESTIONS BELOW
	VERY WELL	QUITE WELL	WITH DIFFICULTY	
I can identify vocabulary about food				Which vocabulary about food did you learn?
I can identify information in short texts.				Mention two ideas you identify in the text.
I can ask an answer questions about healthy habits				Write three physical activities or habits we can do to have a healthy life.

THIS IS THE END

Okay, today you have learned new things! Great! I recommend continue practicing the vocabulary about Healthy food, nutrients, a balanced diet and to reinforce knowledge, I invite you to visit the sites related in the Useful Resources. Bye! See you!

USEFUL RESOURCES

- [Way to go Student's book 7, Module 1 Unit 1, exercises pages 20-21-22](#)
- [Printed bilingual dictionary](#)
- <https://www.esl-lab.com/easy/snack-time/>
- <https://www.esl-lab.com/intermediate/healthy-lifestyle/>
- <https://www.englishclub.com/vocabulary/food-health.php>

ANSWER KEY**VOCABULARY TASK****Exercise A**

1. beans, 2. MILK, 3. eggs 4. potatoes, 5. fish, 6. beef 7. pasta, 8. chicken, 9. rice 10. cheese, 11. yoghurt 12. fruits 13. Olive oil

Exercise B:

Proteins: beef, chicken, fish, eggs.

Vitamins and minerals: fruits

Fibre: beans, rice

Carbohydrates: potatoes, pasta, rice

Fats: olive oil

C. 1. C 2. A 3. e 4. b 5d

D. Tamal. 1 Carbohydrates 2. Proteins 4. Vitamins and minerals

Sancocho. 4. Proteins 5. carbohydrates. 6. Vitamins and minerals



E 1=arepa, a bowl of chocolate milk, calentao.

A. Student's own answers

READING TASK

A. 1=paisa breakfast 2=His grandmother. 3=carbohydrates.

B. 1.F 2. T 3. T 4. F 5. T

LANGUAGE AWARENESS

B. 1a 2. B 3.b 4. A 5.b 6. Not / don't-doesn't 7.c

1. Does he wash his hands before eating? Yes, he does.

2. **Do she** exercise every day? Yes, she does. Does she exercise every day?

3. **Does they** eat healthy food? Yes, they do Do they eat healthy food?

4. Do they brush their teeth? No, **they do** Do they brush their teeth? No, they don't.

5. Does she take a shower every day? Yes, **she do.** Does she take a shower every day? Yes, she does.

C

1. No, he doesn't. 2. yes, they do. 3. Yes, she does. 4. No, they don't 5. yes, she does.

6 Yes, he does.

7 No, he doesn't.

D.

1 Does Paul get enough sleep? No, he doesn't

2 Do they have a shower every day? Yes, they do.

3 Does your brother drink lots of water? No. he doesn't

4 Does Margaret eat a balanced diet? No, she doesn't.

5 Does the girl wash her hair regularly? Yes, she does.

6 Do Helen and Kathy keep their nails short? Yes, they do.

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Para finalizar, le recomiendo que le solicite a su hijo(a) que siga practicando el vocabulario sobre los alimentos, rutinas y ejercicios para tener una vida saludable. Es importante que si el niño o la niña tienen conectividad practique estas temáticas con sus compañeros ó también, lo pudiera hacer a través de WhatsApp. Una forma simple, podría ser enviando y respondiendo mensajes cortos a través de estos medios.

Del mismo modo, una vez termine de desarrollar la guía, hágale las siguientes preguntas.

¿Cuál fue la actividad que más te gustó y cuál fue la actividad que te pareció más difícil?

- Enséñame cómo preguntas por hábitos saludables en inglés?

- ¿Qué hábitos saludables conociste?

- ¿Cuánto tiempo te tomó desarrollar toda la guía?

- ¿Utilizaste algunos de los recursos sugeridos en USEFUL RESOURCES?

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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

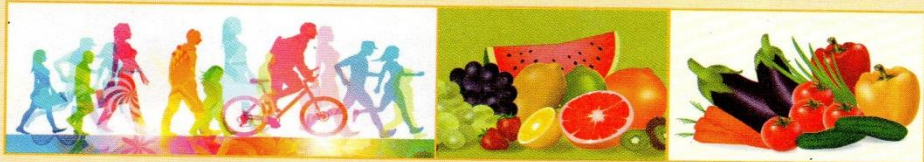
Here are some tips that can help you to grow into a healthy adult.

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
<i>eat fruit and vegetables</i>	4...	<i>running</i>	<i>have a shower every day</i>
1...		5...	7...
2...		6...	8...
3...			9...

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.



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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.



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.



- | | |
|--------------------------|---|
| 1. Protein | a. helps the body digest food |
| 2. Vitamins and minerals | b. help the body absorb minerals and store energy |
| 3. Fibre | c. increases your body mass: helps your muscles to grow |
| 4. Carbohydrates | d. help you grow properly and fight diseases |
| 5. Fats | e. give your body energy |

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

	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



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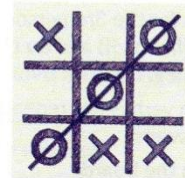
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7. **Speak** » Copy the chart and then play Tic Tac Toe with a partner.

Which foods give you protein?	How many portions of protein do you need a day?	What nutrients are in vegetables and fruit?
How many portions of fruit and vegetables do you need a day?	Which foods give you fibre?	How many portions of fibre do you need a day?
Which foods contain carbohydrates?	How many servings of carbohydrates do you need a day?	What nutrients are in some fish and vegetables?

Which foods give you protein?

Meat, chicken, fish, dried beans, eggs and nuts



8. **Write** » Look at the typical Colombian dishes (a-c) and label them with the nutrients (1-6) they provide.

a. A palsa breakfast



A bowl of chocolate milk - nutrients: *carbohydrates, fats*
Arepas - nutrients: *carbohydrates*
Calentao - nutrients: *carbohydrates, protein, fats*

b. Tamal



Corn - nutrients: 1...
Meat - nutrients: 2...
Peas and carrots - nutrients: 3...

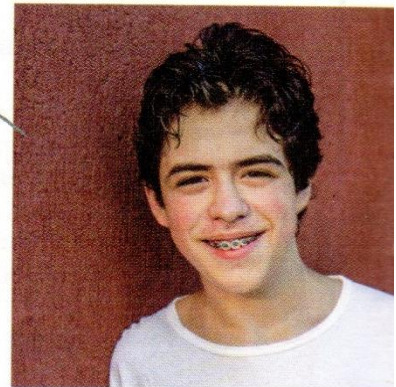
c. Sancocho



Meat and chicken - nutrients: 4...
Plantain, yucca, potato - nutrients: 5...
Onion and coriander - nutrients: 6...

9. **Speak** » Give a short presentation to your class about the nutrients in your favourite typical dish and why they are good for you.

My favourite typical dish is a 'palsa' breakfast. I love 'arepas' and they give me lots of energy because they have carbohydrates. Chocolate milk is my favourite drink and has carbohydrates and fats; so my body can store energy and use it when I do exercise. My grandmother makes great 'calentao' which has carbohydrates, fats and protein; the proteins make my muscles grow.



Final task activity!