



"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 inglés para el trabajo en casa se preparó con el fin de ayudar a su hijo o hija a repasar vocabulario sobre comida saludable y a aprender a clasificar los alimentos en la pirámide de alimentos y de esta manera aprender qué tipo de alimentos se deben consumir y en qué cantidades para tener una dieta saludable; también indicar de manera escrita que pueden y que no pueden comer para evitar comida dañina. Su hijo o hija deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona en la página 7 del workbook – Way to Go, que su hijo o hija tiene en la casa; que fue entregado en el colegio al inicio del año escolar.

- La actividad 1 son dos ejercicios de práctica de vocabulario en inglés sobre alimentos saludables y la clasificación de estos en la pirámide de alimentos.
- La actividad 2 es un ejercicio de comprensión lectora; donde su hijo o hija debe responder unas preguntas sencillas acerca del texto, en donde se habla acerca de la importancia de comer carbohidratos, fruta, verduras para tener una dieta saludable.
- La actividad 3 consiste en relacionar 2 columnas para definir hábitos saludables y responder preguntas acerca de dichos hábitos.
- La actividad 4 consiste en unas sencillas acciones que permiten que su hijo se autoevalúe, de acuerdo a las actividades desarrolladas en esta guía.

Cada actividad cuenta con un ejemplo que le permita orientarse para el desarrollo de la misma; agradecemos su colaboración supervisando que su hijo o hija complete las actividades indicadas.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you practice giving instructions in written form. All the activities are related to the topic *taking care of my body* presented in Way to Go workbook 7; Module 1, Unit 2, Lesson 1. It starts with some vocabulary revision activities. Then, you have to sort out these foods in the pyramid of food. After that, answer some questions about a reading activity for having healthy habits.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Taking care of my body	Writing and reading	Modal verb <i>can</i> Simple present tense	Food, fruits, vegetables. Physical activities for personal care Healthy habits and routines	Talking about habits and routines. Expressing abilities and possibilities

GET READY

Study time needed: 1 hour	Resources: <i>Mobile Phone, Computer, English Dictionary, Pencil, notebook, internet.</i>	Textbooks Links: Way to Go Student Book 7, page 28 Exercise 6 Way to Go Workbook 7 page 9 Exercise
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LEARNING OBJECTIVES

LEARNING STRATEGIES

<p><i>What will you learn/practice/reinforce with these activities?</i></p> <ul style="list-style-type: none"> To describe personal care habits and routines: diet (food) and physical activity. To express abilities and possibilities. To identify vocabulary about healthy food, parts of body, and nutrition. 	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> Read the paragraph about the food pyramid. Match the activity of healthy food and their effects. Write the food vocabulary according to the pictures. Answer questions about the paragraph of healthy food and nutrients. Reply to questions about healthy food and nutrients using can.
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ACTIVITIES












1. LANGUAGE TASKS

Vocabulary Task (15 minutes)

- In the following activity you will find some images about healthy food:
 - Write the name of the food in English below each image.
 - Look carefully at the first image, this is an example.



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

 <p>1. <u>apples</u></p> <p>1*</p>	 <p>2. _____</p> <p>2*</p>	 <p>3. _____</p> <p>3*</p>	 <p>4. _____</p> <p>4*</p>
 <p>5. _____</p> <p>5*</p>	 <p>6. _____</p> <p>6*</p>	 <p>7. _____</p> <p>7*</p>	 <p>8. _____</p> <p>8*</p>
 <p>9. _____</p> <p>9*</p>	 <p>10. _____</p> <p>10*</p>	 <p>11. _____</p> <p>11*</p>	 <p>12. _____</p> <p>12*</p>
 <p>13. _____</p> <p>13*</p>	 <p>14. _____</p> <p>14*</p>	 <p>15. _____</p> <p>15*</p>	 <p>16. _____</p> <p>16*</p>



17. _____

17*



18. _____

18*



19. _____

19*



20. _____

20*

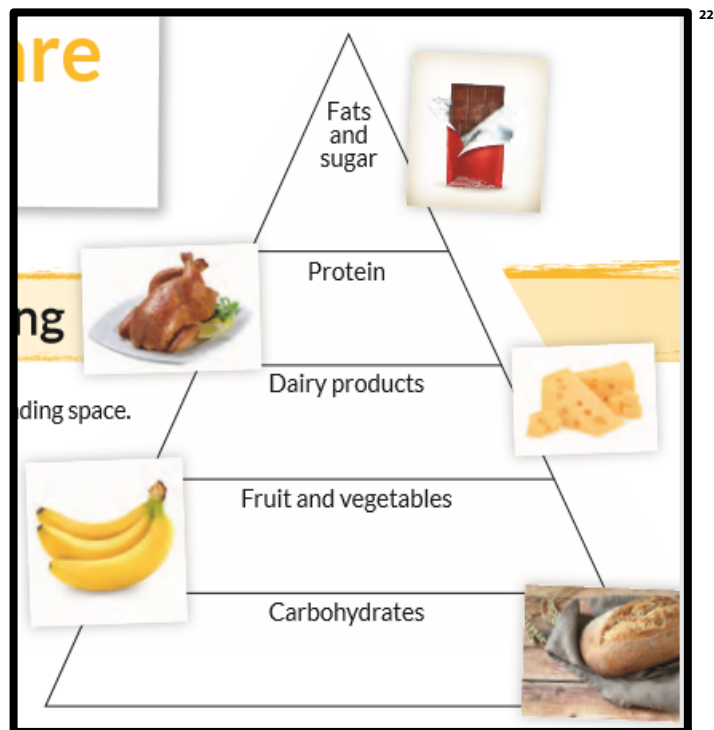


21. _____

21*

b. After finishing the vocabulary activity:

- Look the following pyramid of food
- Categorize the 21 foods from above in each part of the pyramid.



2. SKILLS TASKS (30 minutes)

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 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 as if 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 by eating fruit and vegetables? _____
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? _____

Use **can**, when you ask someone to do things. Use **can** to talk about possibility. Always use **can** with another verb.

I can = I *know* how to do something. / I know that something is *possible* for me.

To form the negative add "not" after can to form one word. Example: cannot.

Short form: can't (can't = cannot)

You can check the pages 23 and 24 in the Student's Book; for developing these activities.

Affirmative	Negatives
I can eat healthy food.	I can't eat healthy food.
You can eat healthy food.	You can't eat healthy food.
He / She can eat healthy food.	He / She can't eat healthy food.
We can eat healthy food.	We can't eat healthy food.
You can eat healthy food.	You can't eat healthy food.
They can eat healthy food	They can't eat healthy food.



Questions and short answers

Questions	Short answer positive	Short answer negative
Can I eat healthy food?	Yes, you can.	No, you can't.
Can you eat healthy food?	Yes, I can.	No, can't.
Can he / she / it eat healthy food?	Yes, her can.	No, can't.
Can we eat healthy food?	Yes, you can.	No, you can't.
Can you eat healthy food?	Yes we can.	No, we can't.
Can they eat healthy food?	Yes they can.	No, they can't.

3. What food can you eat and can't you eat?

salad beans hamburgerer fruits vegetables

- a. I can eat salad
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

4. Think about the food you can eat and the food you can't eat, complete the table.

- Then write full sentences about yourself.
- Write five affirmative sentences, and five negative sentences

Can	Can't
<p>I can eat vegetables</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>I can't eat hamburgerer</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>



3. ASSESSMENT TASKS (15 Minutes)

		^{23*} Very well	^{24*} Quite well	^{25*} With difficulty
Vocabulary	I can identify vocabulary related to food. I can identify vocabulary related to personal care routines.			
Grammar	I can talk about abilities and possibilities.			
Reading	I can understand short texts about daily routines and activities.			
Writing	I can write short paragraphs about routines. I can write sentences about my abilities.			

THIS IS THE END

Congratulations, you can do amazing things. Continue practicing the vocabulary about healthy food; and how to organize it in the food pyramid. Finally, take care of your body with simple but important food habits.

USEFUL RESOURCES

[Way to Go - Workbook 7°](#)

Can/can't: modal verb explanation

https://grammar.cl/Basic/Can_Cannot.htm

<https://www.ingenierogeek.com/2013/12/curso-ingles-medio-gratis-uso-de-can-cannot-verbo-defectivo.html>

Online English Spanish dictionary

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

Online exercises can or can't

<https://www.englisch-hilfen.de/en/exercises/modals/can2.htm>

ANSWER KEY

1. Vocabulary task:

- a. 1- apples, 2-bananas, 3-beans, 4-broccoli, 5- carrots, 6- cheese, 7- chicken, 8- eggs, 9- fish, 10- meat, 11- milk, 12 - oil, 13- onions, 14- oranges, 15- pasta 16- potatoes, 17- rice, 18- spinach, 20- sweets, 21- yogurt.

- b. **Fat and Sugar:** Sweet , oil.



Protein: Cheese, chicken, eggs, fish, meat.

Dairy Products: Yogurt, milk.

Fruits and vegetables: Apples, banana, broccoli, carrots, onions, oranges, spinach.

Carbohydrates: Pasta, rice, bread.

2. Skills task

- 1- Yes, I can
- 2- No, I can't
- 3- Yes, It can
- 4- No, It is not
- 5- No, they are not
- 6- No, I can only eat a few

3. a. I can eat salad
- b. I can't eat hamburger
- c. I can eat fruits
- d. I can eat vegetables
- e. I can't eat beans

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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 permitan 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 alimentos que aprendiste.
- ¿Cuánto tiempo te tomó desarrollar la guía?
- ¿Qué recursos utilizas?

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Way to Go workbook 7, page 7 -8 , exercises 1, 2, 3 and 4.

module 1 // Unit 2 Lesson 1

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
yo-yo	yo-yo	yo-yo	yo-yo



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? _____ .



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

athlete baseball basketball cycling football swimming

1. I can't ride a bike. *You can't go cycling* _____.
2. I can run very fast. You _____.
3. I can jump very high. _____.
4. I can't be underwater. _____.
5. I can throw the ball very far. _____.
6. 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>



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