

“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

Esta guía de aprendizaje de inglés para el trabajo en casa se diseñó con el fin de ayudar a su hijo e hija a repasar vocabulario sobre la pirámide de la comida, que encierra frutas y verduras para que vayan desarrollando las habilidades de escritura y de lectura mediante su rutinas diarias sobre hábitos alimenticios. Su hijo (a) deberá dedicar una hora para llevar a cabo toda la guía. El trabajo aquí descrito se relaciona con la página 21 del libro del estudiante Way to go 7° modulo 1 unidad 2, que está disponible en la plataforma Colombia Aprende. Se adjunta la página del libro al final de la guía para quienes no tienen acceso a internet.

La actividad 1 es un ejercicio de práctica de vocabulario en inglés sobre la pirámide de la comida que deberá organizar en cada grupo alimenticio.

La actividad 2 es un ejercicio de comprensión lectora sobre los tipo de comida y sus nutrientes donde su hijo (a), responderá una serie de preguntas.

La actividad 3 es un ejercicio de escritura donde su hijo(a) empleará el vocabulario y estructuras estudiadas en esta guía de aprendizaje y sus conocimientos previos, para diseñar un poster/afiche en inglés en el cual invite a un grupo de personas que él escoja para expresar la importancia de comer bien y qué comer. El poster/afiche será diseñado y enviado al profesor(a) una vez se haya completado

La actividad 4 es un ejercicio donde el estudiante evaluará su aprendizaje a partir de las actividades que desarrolló.

Además se ofrece ejemplos de las actividades, las respuestas correctas y recursos adicionales de apoyo. Agradecemos su colaboración supervisando el progreso de su hijo (a), es decir que complete las actividades indicadas. Al final, usted encontrará una serie de preguntas de verificación de lo que su hijo (a) aprendió mediante el desarrollo de esta guía.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you learn vocabulary about food and the benefits of eating well. All the activities are connected to the reading in Way to Go Student Book 7, Module 1, Unit 2 (page 21). It starts with some vocabulary activities. Then, you must read a text and work on some activities about it, then you will discover how to write routines. Finally, you will design a

poster for talking about the importance of food; it will be shared with your teacher and classmates.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Benefits of eating healthy	Reading and Writing	Simple present tense Adverbs of Frequency	Pyramid Food (Vegetables and Fruits)	- Expressing food routines - Inviting people to eat healthy food

GET READY

Study time needed: 1 hour	Resources: <i>English dictionary, notebook, pencil, mobile phone/or computer, PDF file of Way to Go Student Book 7</i>	Textbooks Links: Way to Go -Students book 7, module 1, unit 2, pg. 21. www.colombiaaprende.edu.co/colombiabilingue .
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LEARNING OBJECTIVES

LEARNING STRATEGIES

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

- To use vocabulary about healthy food in a real context.
- To identify specific information in a text.
- To infer information in a text.
- To Invite people to eat healthy food explaining the advantages in a poster.

What can you do to achieve the objectives?

- Read the instructions of each task
- Look at the examples given in each activity of this learning guide.
- Use your dictionary when you do not understand the new vocabulary
- Use the models given to do your own task

ACTIVITIES

1. VOCABULARY TASKS (10 minutes)

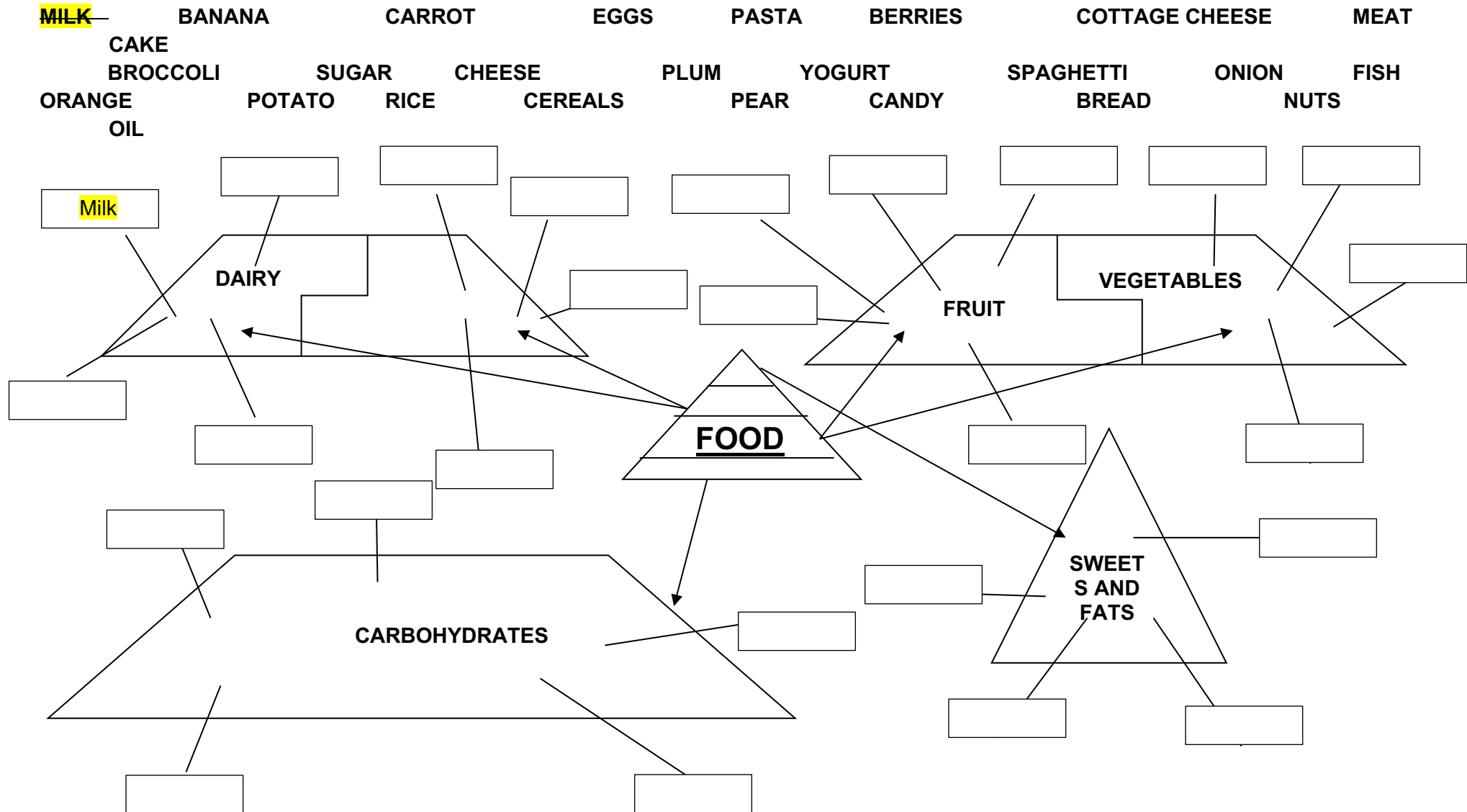
a. Look at the list of words. Write them in the correct groups in the FOOD PYRAMID. Use your dictionary

Colour these groups – **RED** = sweets and fats **GREEN** = fruit and vegetables

YELLOW = dairy and proteins **BLUE** = carbohydrates

E.G

We have the word MILK in Spanish is Leche for that reason is a dairy.



2. READING TASKS (10 minutes)

Read the chart and match the nutrients (1-5) with the types of food (a-e). answer the following questions T (true) or F (false).

e.g Number 1 with letter c, now your turn.

1	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

According to the chart answer True or False:

- Fats you need to eat always in the morning **(F)**
- Cereals and whole grain is Vitamins and minerals ()
- Fibre you need to eat five portions every day ()
- Protein you need to eat two portion every day ()
- Carbohydrates you need to eat fruits and vegetables ()

3. LANGUAGE TASKS (15 minutes)

Look up the following messages about healthy food.

- Hi, Martha I **always** drink eight glasses of water in the morning. In my breakfast I **never** eat cottage cheese and milk, because I'm vegan but my sister **frequently** drinks yogurt and orange juice.

- Hello, Martin and Julie, we **usually** cook broccoli with spaghettis for our lunch and my parents **seldom** eat broccoli, They like a lot cabbage with tomatoes.

- Hey, Oscar your brother like onion soup? Well, my brother **rarely** eats that. He **sometimes** prefers potato soup with coriander and he **generally** buys fruits like plums, bananas, apples and pears.

Remember!

You can use adverbs of frequency for describing how often something occurs.

Circle the correct answers according to the messages.

1. The words in **bold** are:

- a. Adjectives b. Nouns c. Verbs d. Adverbs of frequency

2. Those messages are:

- a. Suggestion b. Advice c. Routines d. Obligation

3. The underline verbs are in:

- a. Future b. Present c. Past d. Past continuous

4. Which verb form do we use in the first message? _____

5. Is the person referring to a real or a possible situation? _____

6. Do we use this structure for possible situations in the future or situations in the present?

7. Write a message about your routine food in the morning

Hello, My name is....

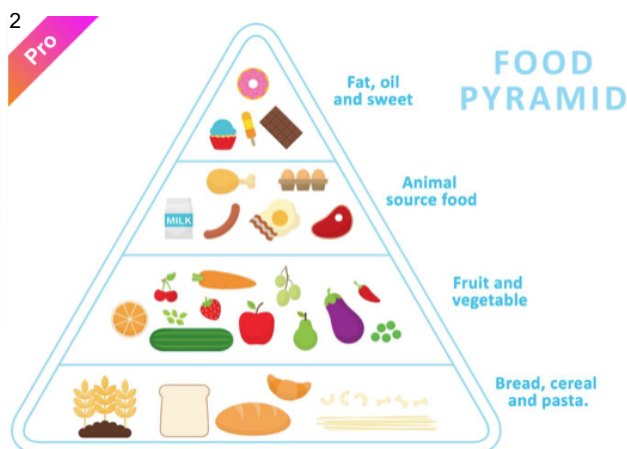
4. WRITING TASKS (15 minutes)

Here, you are going to write a poster invitation for eating healthy food.

You are going to write 5 reasons why people must eat protein, carbohydrate, fruits, vegetables, fiber, fats, dairy.

Then, design a mini poster using the vocabulary in this guide.

You can do in cardboard, take a picture a send it to the teacher.



5. SELF-ASSESSMENT TASKS (10 minutes)

Tick (✓) the option that shows what you can do.

After finishing this self-study guide, I can...	GREAT 3 	GOOD 4 	I NEED MORE PRACTICE 5 
Use vocabulary about healthy food in a real context.			
Identify specific information in a text.			
Infer information in a text			
Invite people to eat healthy food explaining the advantages in a poster.			

THIS IS THE END

Congratulations! You have made it to the end! Now you can express people to eat well and explain the benefits of doing it. You created an amazing poster using vocabulary about food, routines and the benefits of eating well.

USEFUL RESOURCES

Online English Spanish dictionary
<https://dictionary.cambridge.org/es/diccionario/ingles-espanol/>

For further practice about Routines
https://www.youtube.com/watch?v=qD1pnquN_DM

<https://www.youtube.com/watch?v=JwGnCIslOpU&t=2s>

Vocabulary about Pyramid food
<https://www.youtube.com/watch?v=0KbA8pFW3tg&t=33s>

ANSWER KEY

Vocabulary tasks

1.

Green

Banana
Broccoli
Orange
Potato
Carrot
Plum
Pear
Berries
Onion

Red

Cake
Sugar
Candy
Oil

Blue

Rice
Spaguetti
Cereals
Pasta
Bread

Reading tasks

- | | |
|-------|------|
| 1. c. | a. F |
| 2. a. | b. F |
| 3. e. | c. F |
| 4. b. | d. V |
| 5. d. | e. F |

Language tasks

- d
- c
- b
- infinitive
- Real situations
- Situations in the present

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo(a) ha desarrollado completamente las actividades (tasks) 1 a 5, es momento de hacer verificación de su proceso de aprendizaje; por tanto, le sugerimos hacer las siguientes preguntas:

- ¿Cuál fue la actividad que te pareció más compleja /más te gustó? ¿Por qué?
- ¿Tuviste la oportunidad de usar lo que aprendiste en la guía cuando hiciste el poster/afiche para invitar a un grupo de persona a tener hábitos de vida saludable?
- ¿Pudiste expresar tus ideas y explicar en qué consiste la importancia de comer y la pirámide de la comida?
- ¿Cuánto tiempo te tomó desarrollar la guía?
- ¿Empleaste algunos de los recursos sugeridos en la sección USEFUL RESOURCES?

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LINKS OF IMAGES

1. Ministerio de Educación Nacional (2016). Way to go! 6th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.
2. Image retrieved from <https://www.vecteezy.com/vector-art/89944-food-pyramid-vector> with a free for commercial use license.
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Appendix 1

module 1 // Unit 2

3.

Write»
Answer the questions.
- Do you have a shower every day? *Yes, I do. / No, I don't.*
 - Does your best friend get enough sleep? *Yes, he (she) does. / No, he (she) doesn't.*
 - Does your teacher drink lots of water?
 - Do your classmates eat a balanced diet?
 - Do you wash your hair regularly?
 - 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.



- Protein
 - Vitamins and minerals
 - Fibre
 - Carbohydrates
 - Fats
 - helps the body digest food
 - help the body absorb minerals and store energy
 - increases your body mass: helps your muscles to grow
 - help you grow properly and fight diseases
 - 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
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	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