



“BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

9º

Level

A2

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de aprendizaje de inglés para el trabajo en casa se preparó con el fin de ayudar a su hijo o hija a repasar vocabulario sobre los alimentos y a aprender a indicar en forma oral y escrita los pasos necesarios para realizar una receta de una comida típica de la región y que beneficios para la salud tienen sus componentes. Su hijo (a) deberá dedicar una hora para desarrollar toda la guía. El trabajo aquí descrito se relaciona con la página 86 del libro del estudiante English Please, que está disponible en la plataforma Colombia Aprende. Se adjuntó la página del libro al final de la guía para quienes no tienen acceso a internet.

- La actividad 1 son dos ejercicios de práctica del vocabulario en inglés sobre los alimentos y bebidas
- -La actividad 2 indaga qué alimentos le puede gustar al estudiante y cuáles no. Realizará una reflexión si sus hábitos de alimentación son adecuados
- La actividad 3 es una lectura referente a los hábitos alimentarios, la cual deberá leerla y responder las preguntas que se le sugieren
- La actividad 4 el estudiante deberá realizar los ejercicios 1-4-5 de la página 86 del libro del estudiante
- - Por último, la actividad 5 es para que su hijo(a) autoevalúe lo aprendido.

Además, se ofrecen ejemplos de las actividades, las respuestas correctas y recursos adicionales de apoyo. Agradecemos su colaboración supervisando que su hijo(a) complete las actividades indicadas. Al final, ustedes encontrarán 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 practise giving instructions in written form. All the activities are related to the topic of healthy or unhealthy food in English Please Student Book 9 Module 3 Unit 1 Lesson 1. It starts with some vocabulary revision activities. Then, you have to answer some questions about a reading end up writing a text about your healthy habits

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy food	Speaking	Simple present	Food and drinks	Talking about eating habits

GET READY

Study time needed: 1 hour	Resources: <i>English dictionary, notebook, pencil, mobile phone video camera, sheets of paper, PDF file of English Please Student Book 9.</i>	Textbooks Links: - English please Student Book 9, page 86 Exercise 1-4-5 -
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LEARNING OBJECTIVES

LEARNING STRATEGIES

<p><i>What will you learn/practise/reinforce with these activities?</i></p> <ul style="list-style-type: none"> To practise vocabulary related to food and drinks To identify healthy styles and ways to look after health. To reinforce the speaking skills by describing food 	<p><i>What can you do to achieve the objectives?</i></p> <ul style="list-style-type: none"> Write in your notebook any "new" words about food and their meaning in English and an example that will help you to remember and use it in the future. Read the instructions for each task. Share with relatives words you learnt. Relate words and visuals. Keep a small notebook to record interesting new language.
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ACTIVITIES

1. VOCABULARY TASKS (15 minutes)

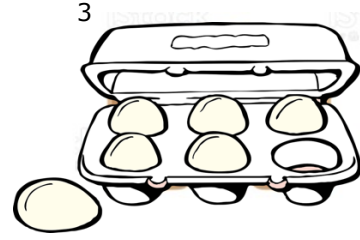
Label the pictures using the words from the box below. Follow the example given:

Vocabulary box:

Pizza	Pasta	Bread	Hotdog	Cheese	Chicken
Coffee	Eggs	Salad	Fruits	Ice cream	Milk
Water	Juice	Fish	Rice	Chocolate	Meat



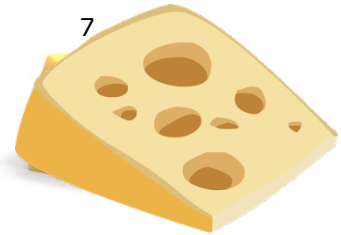
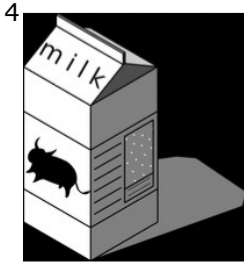
Images:



1. _____

2. Pizza

3. _____



4. _____

5. _____

6. _____

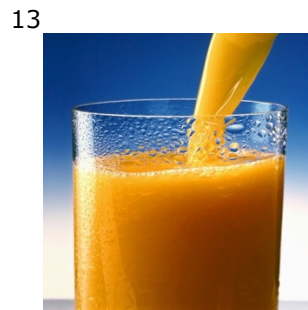
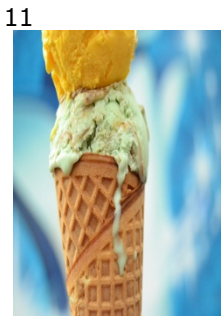
7. _____



8. _____

9. _____

10. _____



11. _____

12. _____

13. _____

14. _____

15



16



17



15. _____

16. _____

17. _____

18



18. _____

1. READING TASK (15 minutes)

a. Read the chart below and match the nutrients (1-5) to the food (a-e). See example

Nutrient	Types de food
1. Carbohydrates: should make up just over a third of the food you eat (c.)	a. Fruits, vegetables, fruit juice, milk, cheese
2. Proteins: eat two or three portions every day	b. Meat, chicken, fish, egg,
3. Vitamins and minerals: eat four portions every day	c. Bread, pastas, rice, potatoes (1)
4. Fats: eat one portion every day	d. Cereals and whole grain
5. Fiber: eat four portions every day	e. Olive oil and some fish

B. Paragraph. Read the following paragraph carefully and answer **True or False (1-6)** below

Hello, My name 's Alex. I always have a sandwich and tea for Breakfast. My favourite sandwich is the one with ham and tomatoes. They 're delicious and I also like cheese sandwiches. On weekdays, I have lunch at school so I need to take a packed lunch with me. I normally have some sandwiches; an Apple or banana and I usually drink hot chocolate or tea. For dinner, I have potatoes with cheese but what I like the most is spaghetti, it is my favourite food.

- | | | |
|---|-------------|--------------|
| 1. He has hot chocolate for breakfast | TRUE | FALSE |
| 2. He likes cheese sandwiches | TRUE | FALSE |
| 3. He doesn't have fruits for lunch | TRUE | FALSE |
| 4. He drinks tea or hot chocolate at school | TRUE | FALSE |
| 5. He doesn't eat sandwiches for dinner | TRUE | FALSE |
| 6. His favourite food is sandwich | TRUE | FALSE |

C. Read the text again and select the correct options:

- | | | | |
|------------------------------------|-------------------------|------------------------|-------------------------|
| 1. What 's Alex's favourite food? | a. pizza | b. sandwich | c. spaghetti |
| 2. What does he do? | a. chef | b. student | c. baker |
| 3. What does he have for dinner? | a. spaghetti | b. chocolate | c. potatoes |
| 4. What time does he go to school? | a. 7 o'clock | b. 6 o'clock | c. 8 o'clock |
| 5. Does he like some fruits? | a. yes, he don't | b. yes, he does | c. yes, he likes |

2. Writing task (25 minutes)

A. Considering the vocabulary related to food, share with us the food you really like and the one you dislike. See the example in the chart below given by your teacher:

19		20	
I like		I dislike	
<u>Example:</u> I like meat		I dislike fish	


A. Write a short paragraph describing the daily portions of food we need to eat in order to keep a balanced diet.

SELF - ASSESSMENT (5 Minutes)


Write 2 things you learned today about the topic, 1 thing you found very interesting and finally write down something you still have a question about.


Self-Assessment "Exit Ticket"

19 2 things I learned today:

 1- _____

2- _____

 1 Thing I found interesting: _____

 I still have a question about: _____



THIS IS THE END

Congratulations! You are the best student if you keep in mind all the amazing abilities you have. You did the activities responsible and with effort, you achieved the goal. You know how important it is to maintain a healthy diet and classify foods and drinks according to their benefits. Remember that you must take care of yourself, wash your hands with soap and water and stay at home.

USEFUL RESOURCES

Use the following links to practice the vocabulary
<https://agendaweb.org/vocabulary/food-exercises>
https://www.english-hilfen.de/en/exercises_list/food_drink.htm

Online English Spanish dictionary

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

Interactive food Vocabulary

[https://www.liveworksheets.com/worksheets/en/English as a Second Language \(ESL\)/Food and drinks/Food Vocabulary Ug37675gm](https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Food_and_drinks/Food_Vocabulary Ug37675gm)

healthy and unhealthy food: video youtube link

<https://www.youtube.com/watch?v=GnfTHsdTodA>



ANSWER KEY

Vocabulary

1. Bread
2. Pizza
3. Eggs
4. Milk
5. Coffee
6. Chicken
7. Cheese
8. Pastas
9. Hot dog
10. Salad
11. Ice-cream
12. Chocolate
13. Juice
14. Water
15. Fish
16. Fruits
17. Meat
18. Rice

Reading task

- 1- c
2-b
3-a
4-e
5-d

TRUE AND FALSE ANSWERS

1. True
2. True
3. False
4. False
5. True
6. False

MULTIPLE CHOICE ANSWERS

1. C
2. B
3. C
4. A
5. B



ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo (a) 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 te gustó y cuál fue la actividad que te pareció más difícil?
- ¿Cómo se dicen en inglés algunos alimentos o bebidas de las que aprendiste?
- ¿Cuáles alimentos consideras saludables y cuáles no? ¿Por qué?
- ¿Cuánto tiempo te tomó desarrollar toda la guía?
- ¿Qué recursos utilizaste?

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