



"BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School

City

Teacher's name

Student's name

Grade

9th

Level

A2

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia y/o acudientes,

Continuamos nuestra labor, apreciamos su compromiso, excelente actitud y trabajo en equipo para el beneficio de nuestros jóvenes. Esta guía está diseñada para ayudarle a su hijo(a) a reforzar el vocabulario relacionado con hábitos y estilo de vida saludable, así como la estructura en inglés usada para expresar posibilidades teniendo en cuenta la página 91 del libro del estudiante *English, Please!* 9 disponible en la plataforma Colombia Aprende. Se adjunta la página del libro al final de esta guía para aquellos sin conectividad a internet. Para el desarrollo de esta guía, su hijo(a) realizará las siguientes actividades en un tiempo estimado de 1 hora:

- ✓ **Sección 1 (vocabulario):** a través de la relación entre imágenes y frases, reconocerá vocabulario sobre hábitos de vida saludable.
- ✓ **Sección 2 (lectura):** realizará lectura de un texto en inglés sobre los beneficios de llevar un estilo de vida saludable y responderá preguntas de comprensión.
- ✓ **Sección 3 (lenguaje):** elegirá la opción correcta que complete los enunciados según los ejemplos de la imagen.
- ✓ **Sección 4 (escritura):** 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 sus familiares a practicar hábitos adecuados para tener una vida saludable. Al finalizar, el poster/afiche será ubicado en un lugar visible de su casa.
- ✓ **Sección 5 (autoevaluación):** evaluará su aprendizaje y comprensión del tema a partir de la reflexión de su desempeño en el desarrollo de las actividades de esta guía.

Adicionalmente, encontrará ejemplos de respuestas a las actividades y recursos adicionales de apoyo. Esperamos que pueda apoyar a su hijo(a) supervisando el desarrollo de las actividades y formulando las preguntas que se encuentran al final de esta guía en la sección ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA a fin de confirmar los aprendizajes que su hijo (a) logró realizar.

¡Mil gracias por su apoyo!



WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you practice vocabulary about healthy lifestyle. All the activities are connected to the reading in English Please 9, Unit 1 Module 3 lesson 2 Page 91. It starts with some vocabulary revision activities. Then, you will read a text and work on some questions about it, then you will discover how to express possibilities. Finally, you will design a poster about healthy habits to invite your family to be conscious about a healthy lifestyle, which will be shared at home.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy Life	Reading Writing	First Conditional	Habits	-Expressing possibilities about health. -Inviting my family to improve life habits.

GET READY

Study time needed: 1 hour	Resources: <i>English dictionary, notebook, pencil, eraser, mobile phone/ computer, cardboard, color pencils, markers, scissors, PDF file of English Please student's book 9.</i>	Textbooks Links: <i>-English Please Student's book 9 Unit 1 Module 3 Lesson 2 Page 91</i>
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LEARNING OBJECTIVES

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

- To use vocabulary about healthy life in a real context.
- To identify specific information in a text.
- To infer information from a text.
- To identify healthy habits in the family.
- To invite my family to improve life habits.

LEARNING STRATEGIES

What can you do to achieve the objectives?

- Read the instructions for each task.
- Make a glossary of new words in your notebook. Don't translate each word. Use drawings to represent them. Use your prior knowledge and try to infer the meaning. Use the dictionary only when necessary.
- Look at the sample answers given in each activity. They are highlighted in pink.
- Use the models given to do your own task.



ACTIVITIES

1. VOCABULARY TASK (10 minutes)

A. Match the pictures with the healthy life habits below.



- a) Sleep well
- b) Walk
- c) Do exercise everyday
- d) Eat fruits and vegetables
- e) Practice good hygiene
- f) Don't eat junk food

- g) Play sports
- h) Eat healthy snacks
- i) Go to bed early
- j) Wash your hands
- k) Play outside
- l) Drink water

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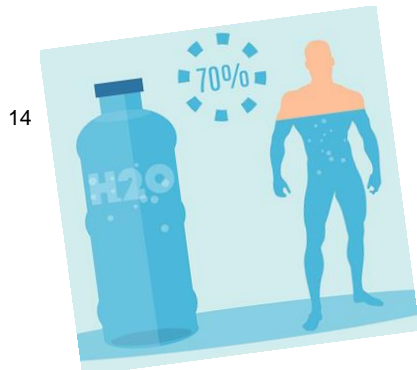


2. READING TASKS (15 minutes)

-Read the text. Then, think about the best title for it and write it on the line.

Title: _____

Doctors say we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal.
This means that if you eat something every two or three hours, you will feel better and healthier.



Water is the fundamental element of life and it is also essential to get great ideas. Made of 80 percent water, your brain's abilities and functions seriously depend on it. If you don't drink enough water, slight dehydration will decline your abilities of memory and attention.
So, if you have a healthy lifestyle, your body will be thankful.

Taken and adapted from English, Please! 9 student's book page 91 exercise 4

B. Answer true (T) or false (F) according to the text.



1. According to the doctors, it is necessary to eat too much.
2. Your body does not need water.
3. You will feel better if you eat healthy food.
4. Water is essential for brain work.
5. If you don't drink water, you will die.
6. Your body will be thankful if you take care of it.

F



3. LANGUAGE TASKS (15 minutes)

C. Look at the image. Read the sentences paying attention to the underlined words. Then, answer the questions below.

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1. The statements refer to:

- A. possibilities.
- B. recommendations.
- C. prohibitions.

2. We use ____ in the sentence with *if*.

- A. Present
- B. past
- C. future

3. In the statements, the second sentence is in...

- A. Present
- B. past
- C. future

4. The consequences in all the statements go...

- A. in the sentence with *if*
- B. in the sentence with *will*
- C. in the middle of the sentence

5. *If* can go _____ of the sentence.

- A. at the beginning or middle
- B. at the end or middle
- C. only in the middle

D. Complete the sentences according to the images. Use the verbs from the box.

Take - get - suffer - brush - go - have - is - play - wash - die - pay - eat

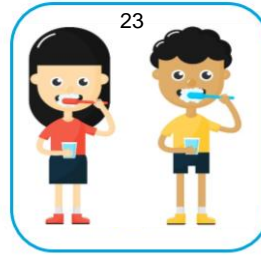


1.



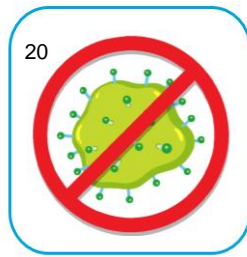
If the boy eats too much junk food, he will get fat.

2.



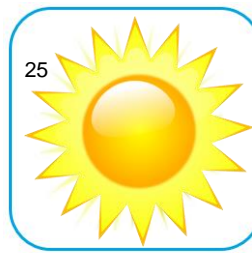
If we don't _____ our teeth, we _____ toothache.

3.



If my brother _____ his hands regularly, the virus _____

4.



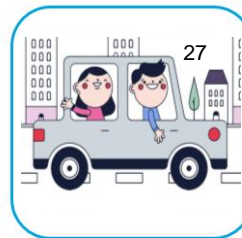
If it _____ sunny today, we _____ in the park.

5.



If she _____ the medicine, she _____ to the hospital.

6.



If he _____ attention, he _____ an accident.

4. WRITING TASK (15 minutes)

E. Now, you are ready to make your family be conscious about a healthy lifestyle. Follow these steps to design your poster:

1. Write at least three ideas talking about real conditions and possibilities.
2. Choose images according to your ideas.
3. Use color in your poster.
4. Finally, put it in a visible place at home.






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5. SELF-ASSESSMENT TASK (5 minutes)

-Place a tick (✓) according to your understanding of the topic.

After finishing this self-study guide, I can...	30  Great!	31  Good	32  I need more practice
✓ use vocabulary about healthy lifestyle in a real context.			
✓ identify specific information in a text.			
✓ infer information from a text.			
✓ invite people to be conscious of your health and personal care explaining the possibilities this gives us.			

THIS IS THE END

Congratulations! You have made it to the end! Now you can invite people to be conscious about a healthy lifestyle and explain its benefits. You created an amazing poster expressing possibilities and using vocabulary about healthy habits. Take care of your body by keeping a healthy lifestyle.

USEFUL RESOURCES

Online English Spanish dictionary

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

Further practice about First Conditional

<https://learnenglishteens.britishcouncil.org/grammar/intermediate-grammar/conditionals>

<https://www.teach-this.com/grammar-activities-worksheets/zero-first-conditional>

<https://www.youtube.com/watch?v=i31dZJfsn2U>

<https://www.youtube.com/watch?v=UMvPL7r4hVA>

Practice some vocabulary about a healthy lifestyle

<https://www.englishlessonviaskype.com/healthy-lifestyle-ielts-vocabulary/>

<http://www.liteschool.es/%C2%BFquienes-somos/descargar-gratuitamente/healthy-lifestyle>



ANSWER KEY

1. VOCABULARY TASK

A. 1. b 2. f 3. g 4. k 5. c 6. i 7. d 8. e 9. h 10. a 11. j 12. L

2. READING TASKS

B. 1. F 2. F 3. T 4. T 5. T 6. T

3. LANGUAGE TASKS

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

D. 1. eats- will get 2. brush-will suffer 3. washes-will die 4. is-will play
5. doesn't take-will go 6. doesn't pay-will have

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Estimado padre de familia y/o acudiente: Una vez su hijo(a) haya desarrollado completamente las actividades planteadas en esta guía, es momento de hacer verificación de su proceso de aprendizaje. Por tanto, le sugerimos hacer las siguientes preguntas:

1. ¿Cuál fue la actividad que te pareció más compleja? ¿Por qué?
2. ¿Cuál fue la actividad que más te gustó? ¿Por qué?
3. ¿Tuviste la oportunidad de usar lo que aprendiste en la guía cuando hiciste el poster/afiche para invitar a tus familiares a practicar hábitos de vida saludable?
4. ¿Pudiste expresar tus ideas y proponer algunas acciones que promuevan hábitos saludables y sus beneficios en la vida diaria?
5. ¿Cuánto tiempo te tomó desarrollar la guía?
6. ¿Empleaste algunos de los recursos sugeridos en la sección USEFUL RESOURCES?
7. ¿Te parecieron claras las instrucciones para cada actividad?

AUTHOR(S)

Name	Luz Elena Rivadeneira Miranda	Liliana del Rosario Calpa Burbano	Oscar Roberto Hernández Pantoja
Email	luzelena0506@hotmail.com	sahray_@hotmail.com	osherpanter@gmail.com
School	I. E. M. Heraldo Romero Sánchez	Institución Educativa Ricaurte	IEDR Arboleda



APPENDIX

English, Please! Student's book 1 page 91 exercise 4



Read

4. Read the text and match the questions a-d to the paragraphs.

- a. How much sugar do you need every day?
- b. How many meals do you need every day?

- c. How much water do you need every day?
- d. How much fruit do you need every day?

What is a healthy diet?

(1) _____
 Doctors say, we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.

(2) _____
 Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organised by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.

(3) _____
 People have different opinions about how much is required. Some people drink just one glass with their meal, others drink six glasses throughout the day, and other people drink it all day long. The truth is that we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.

(4) _____
 You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

5. Read the text again and choose the correct option.

1. How many meals do you need to have a day?
 - A. Six small meals
 - B. Six big meals
 - C. Three big meals
2. How much fruit do you need to have a day?
 - A. None (zero)
 - B. One to three portions
 - C. Three to five portions
3. How much water do you need?
 - A. One glass
 - B. One litre
 - C. 10 glasses

4. How much sugar do you need?
 - A. Your body doesn't need sugar.
 - B. Your body needs small quantities.
 - C. Your body needs big quantities.

6. Find these words in the text and match them to the definitions.

doctors glass natural supermarket

- a. a place to buy food and other products
- b. a container of liquids
- c. not artificial
- d. professionals who are trained to treat ill people



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