

INSTITUCIÓN EDUCATIVA FEDERICO SIERRA ARANGO

Resoluciones Dptales. 15814 de 30/10/2002 - 9495 de 3/12/2001 NIT: 811039779-1 DANE: 105088001750 Bello - Antioquia

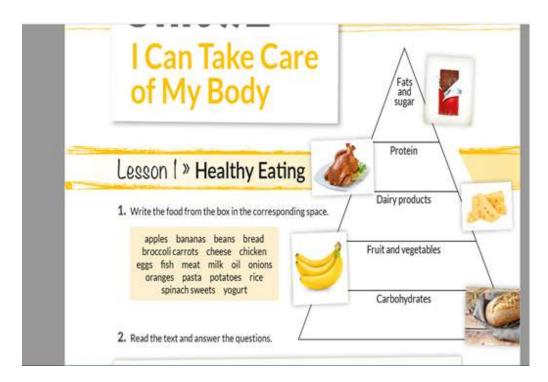


ASIGNATURA	Inglés	PERIODO	3 (semanas 1 y 2)
GRADO	7° 1, 7° 2, 7° 3	DOCENTE	Luis Fernando Herrera
FECHAS	July 6 th to July 16 th 2021		
OBJETIVO			
OBSERVACIONES	Lea y comprenda bien antes de contestar las preguntas. Envíe por plataforma		

PREVIOUS INFORMATION



- > Products are on the top you have to eat less.
- Products placed on the bottom you can eat more.PICTURE 1



PICTURE 2

GUÍA N° 1, SEMANAS 1 Y 2

A. READ THE CHART AND MATCH THE NUTRIENTS (1 - 5) WITH THE TYPES OF FOOD (a - e):

LEA LA TABLA Y APAREE LOS NUTRIENTES (1 a 5) CON LOS TIPOD DE ALIMENTOS (a - e)

DIBUJO 3 (PICTURE 3)

Nutrient		Types of Food
	Protein: Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
	Vitamins and minerals: Eat four to five portions every day.	 b. bread, starches (potatoes, rice, pasta), sweets
3 4	Fibre: Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
25	Carbohydrates: Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
246	5. Fats: Eat one portion every day.	e. cereals and whole grain

PICTURE 3

B. NUMBER THE QUESTIONS AND ANSWER THEM IN ENGLISH. LOOK THE PREVIOUS CHART

ENUMERE LAS PREGUNTAS Y RESPÓNDALAS EN INGLÉS. (OBSERVE EL GRÁFICO ANTERIOR)

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?

C. LOOK THE TYPICAL COLOMBIAN DISHES (a - c) AND LABEL THEM WITH THE NUTRIENTS (1 - 5) THEY PROVIDE (They are: 1. Protein 2. Vitamins and Minerals. 3. Fibre. 4. Carbohydrates 5. Fats.

TENGA EN CUENTA EL CUADRO 3 (PICTURE 3)

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...