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

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...