



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	2 (semanas 5 y 6)
GRADO	Noveno (9°)	DOCENTE	Karen Présiga Cuartas
FECHAS	Del 3 al 14 de mayo del 2021		
OBJETIVO	Reconocer los grupos de alimentos en inglés y ampliar vocabulario sobre los alimentos que conforman cada uno a través de la identificación de diferentes hábitos de vida saludable.		
OBSERVACIONES	Los trabajos deberán ser enviados vía Classroom: 9°1 - tqyosu7 9°2 - 4paeac3 9°3 - flbkspb		

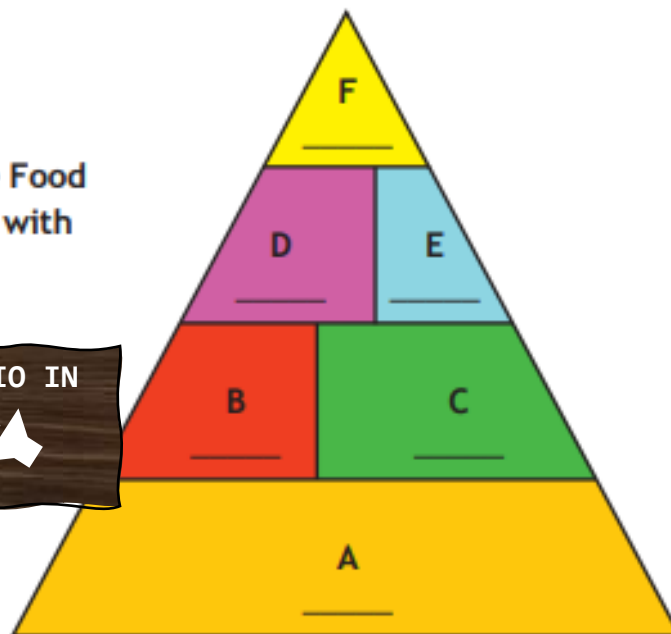


Listen

1. Listen to the information about the Food Pyramid and complete the diagram with the food groups 1-6.

1. fruit
2. vegetables
3. proteins
4. grains
5. dairy
6. fats and sugars

FIND THE AUDIO IN
CLASSROOM



2. 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.

3. 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.

4. 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

5. Look at the diagram of the food groups and complete the information about why food is important for your body.



- _____ (e.g. bananas and apples): They give your body fibre, vitamins and antioxidants.
- _____ (e.g. carrots and broccoli): They give your body vitamins, minerals and fibre.
- _____ (e.g. soya milk and yoghurt): They provide calcium.
- _____ (e.g. rice or pasta): They give you energy, and help the body grow and work correctly.
- _____ (e.g. chicken or fish): These help your body to build and repair tissues.
- _____ (e.g. chocolate or butter): These provide lots of energy for your body.

Glossary

build = construire

fibre = *fibra*

tissues = tejidos

6. Write the words in the correct food group. Then listen to the person talking about the Food Pyramid and check your answers.

beef bread broccoli carrots cereal cheese chicken eggs fish lettuce melon
oranges pasta peas pineapples soya milk spinach strawberries yoghurt

[illegible]