

INSTITUCIÓN EDUCATIVA FEDERICO SIERRA ARANGO

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





ASIGNATURA	Inglés	PERIODO	2 (semanas 8 y 9)
GRADO	Noveno (9°)	DOCENTE	Karen Présiga Cuartas
OBJETIVO	Reconocer el valor nutricional de algunos alimentos y sus beneficios en diversas partes del		
	cuerpo. Afianzar vocabulario sobre alimentos, modos de preparación y actividades culinarias.		
OBSERVACIONES	Los trabajos deberán ser enviados vía Classroom:		
	9°1 - tqyosu7		
	9°2 - 4paeac3		
	9°3 - flbkspb		

NUTRITION AND HEALTH

Look at the pictures relating to dishes from Australia, Japan and Colombia. Read » Label the ingredients with the words in the Word Bank.













meat pie



Research >>











steamed

minced beef flour potatoes oil salt ketchup pork

onions

Word Bank



"nikuman"













Listen » Listen and complete the chart.

	Description
Nikuman	It is healthy because it contains a, a good source of protein.
Meat pie	The b is healthy, but if you add too much ketchup, it is high in c
Empanada	This empanada is filled with d and c It is better to eat it if it is f, not fried.

Write »

Answer questions about the three dishes in exercise 1.

- a. What are the ingredients of the dish?
- b. What is it filled with?
- c. What is the cooking method?

The ingredients of nikuman are ... It is filled with ... The cooking method is ...

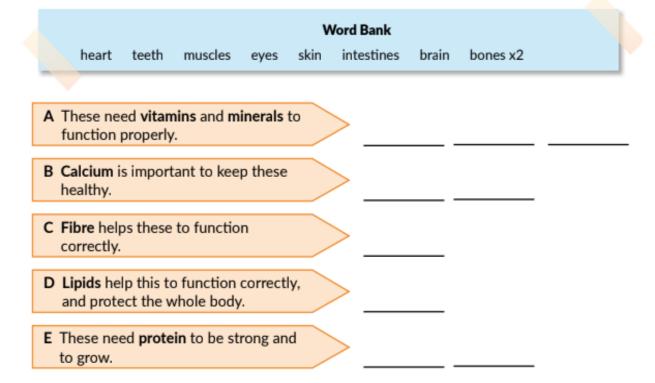
Read >> Read this nutrition advice. Complete the text with words from the Word Bank.

bread, cereals and potatoes meat and eggs fats and sugary food fruit and vegetables dairy products

THE FIVE FOOD GROUPS



5. Listen to a teacher talking about nutrition. Match the nutrients A-E with the parts of the body.



Read >> Read the text and the nutritional value of tomatoes.

Tomatoes are not vegetables as many people think. They are a fruit. They come in different sizes and colours. Tomatoes are a basic ingredient of many popular foods like pizzas and ketchup and healthier dishes like salads and sauces of all kinds.

Tomatoes contain essential nutrients and are high in vitamin C. This vitamin helps the body grow and it can help to repair it. In addition, tomatoes are a source of vitamin H. This vitamin helps the body in the production of energy. Tomatoes also contain minerals like potassium and copper. These minerals help to regulate body functions. Finally, tomatoes can help digestion because they are a good source of fibre.

In summary, you should eat tomatoes in your daily diet, because they are a tasty fruit with many benefits for your health.



7. Write >> Write a similar description of a food.

- a. Select a food and research information about it.
- b. Describe it. Include its name, colour, size, shape, taste, ways to eat it, or how it is usually served (in other dishes, soups, juices, etc.).
- Describe its essential nutrients vitamins, minerals, protein, etc. (select the ones with the highest percentages).
- d. Explain some of the benefits. Connect similar ideas with and, also, In addition.
- Write a concluding sentence to say why people should eat this food. Use In summary.



