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Unit 1: "Food and Health"

Food and health (Comida y salud)

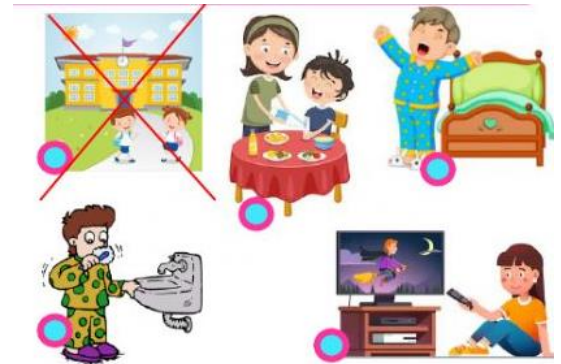
Objetivos: OA2; OA5; OA6; OA14; OA15

- Identificar vocabulario relacionado a comidas.
- Hablar acerca de comida saludable.
- Reconocer expresiones para pedir en un restaurante.
- Reconocer el uso de have y don't have to.
- Nombrar preferencias de comida.

Part 1: Last year review. (Repaso año pasado)

Daily routines: Complete the sentences with the correct verb. (Complete con el verbo correcto)

1. I _____ at eight o'clock every day.
2. He _____ his teeth three times a day.
3. I _____ breakfast at ten in the morning.
4. She _____ TV with her mom.
5. We _____ to school every day.



Circle the correct option: Some or Any. (Encierre la opción correcta)

He has SOME / ANY books.

Do you have SOME / ANY brothers?

There are SOME / ANY apples here.

He hasn't got SOME / ANY milk.

Did you see SOME / ANY carrots in the kitchen?

Review: Present simple. (Para hablar de rutinas, hechos generales, y descripciones)

Affirmative	Negative	Interrogative
I live	I don't live	Do I live?
You live	You don't live	Do you live?
He live <u>s</u>	He do <u>esn't</u> live	Do <u>es</u> he live?
She live <u>s</u>	She do <u>esn't</u> live	Do <u>es</u> she live?
It live <u>s</u>	It do <u>esn't</u> live	Do <u>es</u> it live?
We live	We don't live	Do we live?
You live	You don't live	Do you live?
They live	They don't live	Do they live?

Circle the correct verb according to the subject. (Encierra el verbo correcto según el sujeto que realiza la acción)

1. I **PLAY / PLAYS** FOOTBALL ON SUNDAYS.



2. HE **WALK / WALKS** ON THE BEACH ON SATURDAYS.



3. I **JUMP / JUMPS** ON THE GRASS.



4. SHE **DRINK / DRINKS** MILK EVERY DAY.



5. I **WEAR / WEARS** BLUE PANTS.



6. SHE **WEAR / WEARS** GREEN SKIRT.



Review: Present continuous. (Acciones que pasan al momento de hablar)

	AFFIRMATIVE	NEGATIVE
I	am playing	am not playing
You	are playing	aren't playing
He/She/It	is playing	isn't playing
We	are playing	aren't playing
You	are playing	aren't playing
They	are playing	aren't playing

**Complete the sentences with the correct form of the verb in brackets.
(Completa con la forma correcta del verbo)**

1. They _____ a book now. (read)
2. She _____. (sing)
3. We _____ a forest right now. (draw)
4. The eagle _____ above the tree. (fly)
5. My father _____ a truck. (drive)
6. She _____ pizza with her friends. (eat)

Review: Past simple.

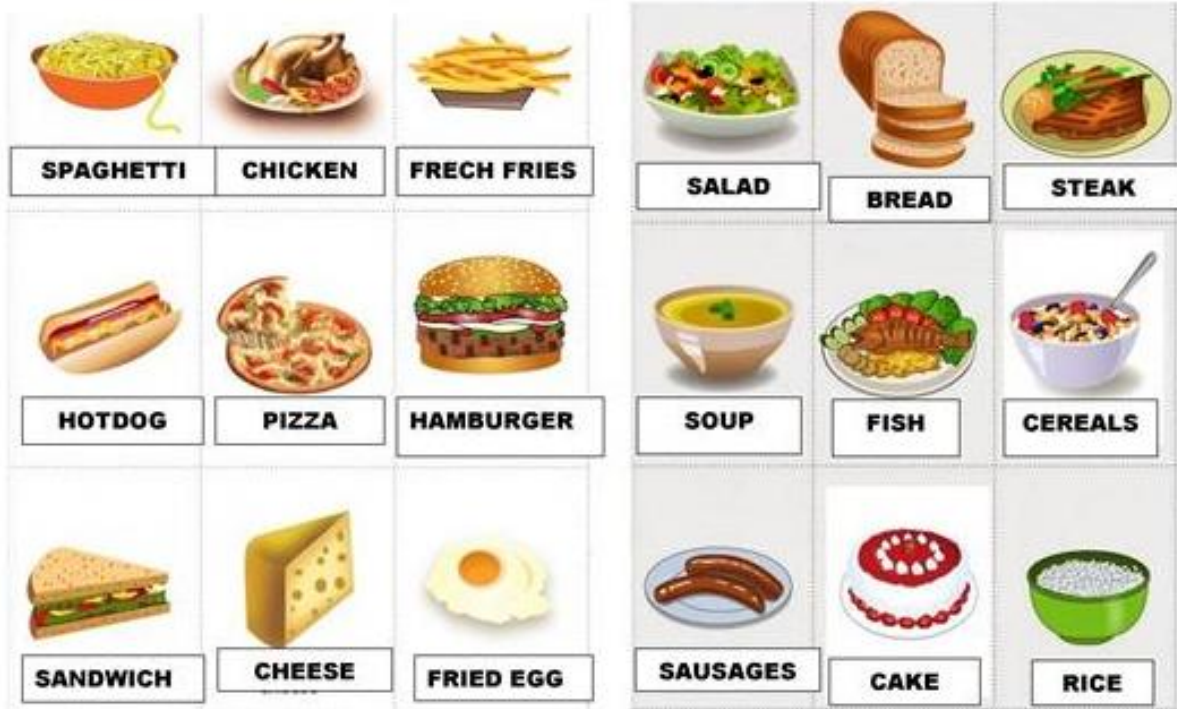
<p>Oraciones afirmativas: Subject + verb in past + complement Ex.</p> <ul style="list-style-type: none">- I played soccer yesterday.- She bought a car last month.	<p>Oraciones negativas: Subject + didn't + verb + complement</p> <p>I didn't play soccer yesterday.</p> <p>She didn't buy a car last month.</p>
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Write a short text about what you did in summer. (Escribe un texto corto diciendo que hizo el verano. Usa pasado simple)

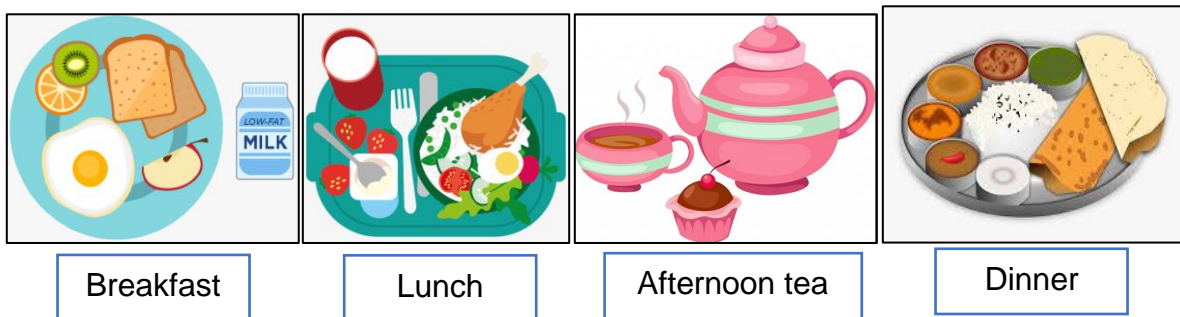
Part 2.

Sharing a meal (p. 10)

Food



Meals



Dialogue: Ordering a meal (p. 12)

Waiter: **Hello, how can I help you?** ¹

Kim: Yes, **I'd like to have** ² some lunch.

Waiter: **Would you like to try** ³ the grill cheese sandwich?

Kim: That sounds perfect. **I want** ⁴ a grilled cheese sandwich.

Waiter: **Would you like anything to drink?** ⁵

Kim: Yes, **I'd like** ⁶ a glass of Coke, please.

Waiter: Okay, no problem.

Sometime later

Waiter: **Can I bring you anything else?** ⁷

Kim: No, thank you. Just the bill, please.

Waiter: No problem.

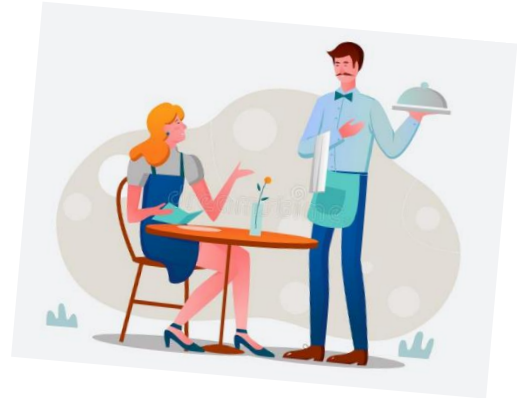
Kim: **How much is** ⁸ the lunch?

Waiter: That's \$6.75.

Kim: Thank you very much.

Waiter: You're welcome. Have a good day.

Kim: Thank you. Same to you.



Explanation of the dialogue

1. **Hello, how can I help you?:** “¿Cómo puedo ayudarle?” usualmente se usa en comercio para preguntar en que los puede servir, que van a comer, o que van a llegar del restaurant o de la tienda.

2. **I'd like to have...:** “Me gustaria comer...”

3. **Would you like to try...:** “¿Le gustaria probar...?”

4. **I want...:** “Quiero...”

5. **Would you like anything to drink?:** “¿Le gustaria algo para beber?”

6. **I'd like...:** “Me gustaria...”

7. **Can I bring you anything else?:** “¿Puedo traerle algo mas?”

8. **How much is...?:** “¿Cuanto cuesta...?”

Restaurant vocabulary



Waitress Waiter

Mesera

Mesero



Order

Pedir



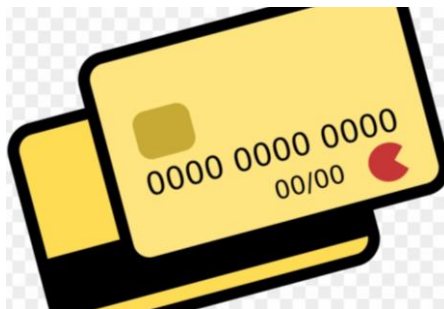
Pay

Pagar



The Bill

La cuenta



Credit card

Tarjeta de crédito



Tips

Propina

Complete the dialogue with the correct expressions. (Completa el dialogo con las expresiones del cuadro)

I'd like to drink – How can I help you? – 15 dollars –
Would you like anything to drink? – How much is it? –
I'd like to try

Mrs. Jensen: Hello, Susan. How are you today?

Susan: Hi, Mrs. Jensen. I am very hungry.

Mrs. Jensen: Well, _____ . Take a look at the menu.

Susan: _____ the cheese sandwich.

Mrs Jensen: Ok. _____

Susan: Yes, please. _____ a strawberry juice.

Mrs Jensen: Perfect.

Susan: _____

Mrs. Jensen: It's _____, please.

Susan: Thank you, very much.

Mrs. Jensen: You're welcome.

Part 3. Eating healthy

Health problems vocabulary



A headache



A cold



A cough



A fever



A stomachache



Sick



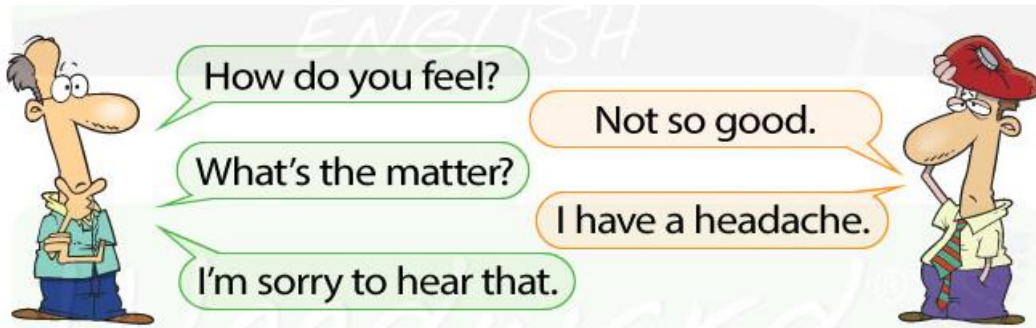
Well



Great

I have...	I feel...
A headache. A cold. A cough. A fever. A stomachache. Etc.	Sick. Well. Great. Etc.

- **How do you feel? How are you?** ---- Para preguntar ¿Cómo te sientes?
- **I feel...** --- Para decir “Me siento...”
- **I have...** --- Para decir “Tengo...”



Quando alguien dice que no se siente bien, puedes preguntar:

What's the matter? (¿Cuál es el problema?)

What's wrong? (¿Qué pasa?)

Y la persona que esta enferma o tiene algún problema de salud puede responder con:

I have... (+ *problema de salud*)

Ex. **I have a headache.**

Have to... and Don't have to...

- Usamos el **Have to** cuando piensas que es necesario hacer algo o estas obligado a hacerlo.

- Mientras que el **Don't have to** se usa cuando no es necesario hacer algo, no hay una obligación de hacerlo.

Examples:



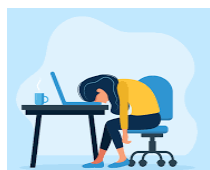
You **have to** stay in bed if you have a fever.



You **have to** drink lots of water.

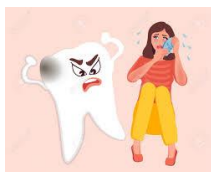


You **don't have to** go out.

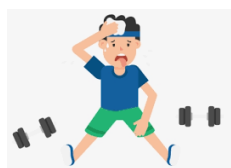


You **don't have to** work.

Cuando hablamos de tercera persona singular (He, She, It) conjugamos el verbo a **Has to** en oraciones afirmativas, y **Doesn't have to** en oraciones negativas.



She **has to** go to the dentist.



He **doesn't have to** work out.

Look at the chart and write "has to" or "doesn't have to" in each sentence.
(Mira el cuadro y escribe has to o doesn't have to en cada oración)

Activity	Lisa	Tom
Go to the doctor	YES	NO
Take the dog to the vet.	YES	YES
Wash the car.	NO	YES
Take medicine.	YES	NO
Study English.	YES	YES
Play soccer.	NO	NO
Feed the cat.	NO	YES
Work out.	YES	NO

1. Tom _____ go to the doctor.
2. Lisa and Tom _____ take the dog to the doctor.

3. Lisa _____ take medicine.
4. Tom _____ work out.
5. Lisa and Tom _____ play soccer.
6. Lisa _____ wash the car.
7. Tom _____ feed the cat.
8. Tom _____ study English.

Read and answer. (Lea y responde)

A Healthy lifestyle



The Thomson family has been trying to eat healthy meals for a very long time, but found it difficult to keep it up. Mr and Mrs Thomson work long hours at the hospital, and feel exhausted when they arrive home. They also have three young children who needed a lot of care. David is eight years old, their daughter Ann is six and the baby is one. It is difficult for the family to cook healthy meals every day. For months, Mrs Thomson has been ordering food during the week, which is delivered after they arrive from work. This is a bad routine, and the Thomson's know this fact very well and have started to worry that their children will get so used to eating fast food; it will be difficult for them to change this habit. For the past two weeks, they have been eating healthy homemade meals and feel very excited about it.

1. Does the Thomson family eat healthy meals?

2. How many children do they have?

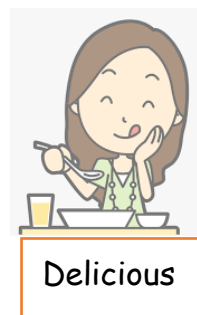
3. Why do they not cook at home?

4. Are they worried about their bad eating habits?

5. What have they been doing for the past two weeks?

Part 4. What's your favorite food?

Food and preferences



Examples



Yummy! This cake is **delicious**.



It's really hot and I'm so **thirsty**.



Yuck! I don't like fish.

Draw 3 foods that you find delicious and 3 that you find unappetizing. (Dibuje 3 comidas que le gusten y 3 que no le gusten)

YUMMY!

YUCK!

Read the text and highlight the words talking about food preferences. (Lee el texto y marque las palabras o frases que hablen de preferencias)

At the school dining room

Dinner lady: Hi, children!!

Jane: Hi! What's for lunch today?

Emma: I'm really hungry!

Dinner lady: We have really healthy and delicious food today! Do you like vegetables?

Jane: Yuck! I don't like vegetables. Can I have some pasta, please?

Dinner lady: No, sorry. We have just vegetables. They're good for you.

Emma: Yummy!! I love vegetables! I'm really thirsty, can I have some juice?

Dinner lady: Here you are, some vegetables and we have strawberry juice. For second course we have... FISH!!

Jane: Fish? I don't like fish. Can I have some sausages, please?

Dinner lady: No, I'm sorry. Fish is good for you.

Jane: And a burger?

Dinner lady: No, I'm sorry. We have no burgers; you can have some fish.

Emma: I like fish, but can I have some chicken, please?

Dinner lady: Yes, of course. Here you have some chicken.



Jane: And me? Can I have some chicken? It's really tasty!

Dinner lady: Yes, sure. You can have some chicken. And we have some apples for dessert.

Emma and Jane: Yes, I love apples. They're sweet and delicious!

After reading circle true or false. (Despues de leer encierre verdadero o falso)

- | | | |
|--|------|-------|
| 1. There are vegetables and chicken for lunch. | True | False |
| 2. Emma is not hungry. | True | False |
| 3. There is strawberry juice. | True | False |
| 4. Jane likes fish. | True | False |
| 5. There are pears for dessert. | True | False |
| 6. Dinner lady has burgers for lunch. | True | False |

Part 5. Listening comprehension.

Food preferences



Love



Like



Don't like



Hate

Examples



I love
pasta.



I like
fruits.



I don't
like
salad.



I hate
broccoli.

Create 2 sentences of food you like/love, and 2 sentences of food you don't like/hate. (Crea 2 oraciones de comida que le gusten y 2 que no le gusten)

1. _____
2. _____
3. _____
4. _____

**Watch the video and answer the questions.
Mire el video y responda.**

Link: Food [listening English level 1]
<https://www.youtube.com/watch?v=96aklZu2hH4>



1) Where is she from?

2) What does she like to eat that contains meat?

3) What are her favorite vegetables?

4) What does her mother make?

5) What are her parents favorite Italian food?

6) What foods that she eats are not part of a nutritious diet?

7) What is the main topic of the video?
