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### Unit 1: "Food and Health"

#### **Food and health (Comida y salud)**

Objetivos: OA1; OA2; OA5; OA9; OA14; OA16

- Reconocer el uso del Present Continuous.
- Expresar habilidad (Verb Can / Can't).
- Identificar información en textos orales y escritos.
- Contrastar ideas usando "But".
- Crear un poster de hábitos saludables.

#### **Part 1**

#### **What are you doing?**

**Actions in progress** --- Para hablar de acciones que pasan al momento de hablar.

**Affirmative sentences:**

**Sujeto + verbo To Be + verbo -ing + complemento**

**Examples:**



**The children are eating bananas.**



**The girl is reading a book.**



**I am playing video games.**

**Negative sentences:**

**Sujeto + verbo To Be + not + verbo -ing + complemento**

**Examples:**



I am not playing soccer.



He is not brushing his teeth.



They are not having breakfast.

★ Como te habrás dado cuenta, el verbo To Be tiene 3 conjugaciones dependiendo del sujeto que realiza la acción.

I } am } I'm

He }  
She } is } He's  
It } She's  
It's

You }  
We } are } You're  
They } We're  
They're

Look at the picture depicting “la Fiesta de la Virgen de la Tirana” in Chile. Then write 4 sentences describing it. (Escribe 4 oraciones describiendo la imagen de la Fiesta de la Virgen de la Tirana)



Example: One boy is wearing a mask.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Time expressions in Present Continuous.

Hay expresiones de tiempo que nos ayudan a entender cuando esta pasando algo. En presente continuo las expresiones mas usadas son las siguientes.

At the moment  
Today  
Now  
Right now  
As we speak  
These days

#### Examples:

I'm watching a movie right now.

He's studying Math at the moment.

It's raining today.

I'm learning Japanese these days.

**Write the sentences using present continuous. (Escribe oraciones usando presente continuo)**

1. (I / study at the moment)

I am studying at the moment.

2. (I / not / sleep)

\_\_\_\_\_

3. (you / play badminton tonight)

\_\_\_\_\_

4. (we / watch TV)

\_\_\_\_\_

5. (she / not / work in Spain)

\_\_\_\_\_

6. (he / not / wait for the bus)

\_\_\_\_\_

7. (they / read)

\_\_\_\_\_

8. (we / not / go to the cinema tonight)

\_\_\_\_\_

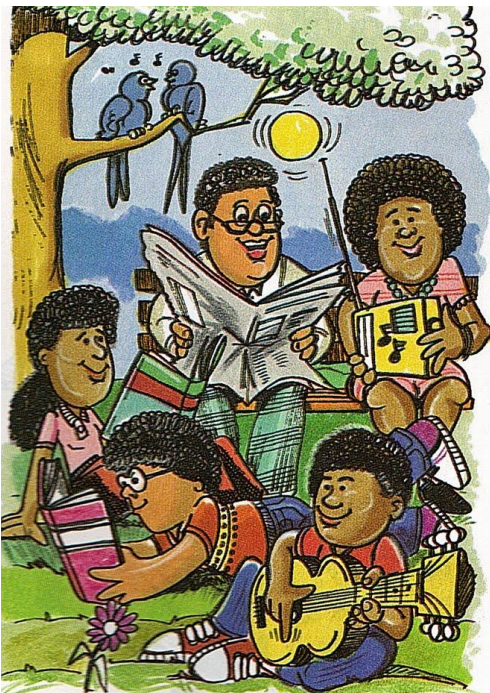
9. (you / not / read the newspaper)

\_\_\_\_\_

10. (she / eat chocolate)

\_\_\_\_\_

**Read and highlight all the verbs in present continuous. (Marca los verbos en presente continuo)**



### **IN THE PARK**

The Jones family is in the park today. The sun is shining and the birds are singing. It's a beautiful day!

Mr. Jones is reading the newspaper. Mrs. Jones is listening to the radio. Sally and Patty Jones are studying. And Tommy Jones is playing the guitar.

The Jones family is very happy today. It's a beautiful day and they're in the park.

**After reading, circle true or false. (Despues de leer, encierra V o F)**

- |                                       |      |       |
|---------------------------------------|------|-------|
| 1. It is raining in the park.         | True | False |
| 2. Mr. Jones is watching the news.    | True | False |
| 3. The Jones have 3 children.         | True | False |
| 4. Tommy Jones is playing the guitar. | True | False |

**Part 2. What can you do?**

**Expressing ability.**

Cuando hablamos de lo que podemos y no podemos hacer, usamos el verbo Can y Can't (poder y no poder).

Affirmative sentences

**CAN + action**

I **can** play soccer.

You **can** swim in the pool.

We **can** climb a mountain.

They **can** dance ballet.

He **can** drive a car.

She **can** play the guitar.

It **can** fly.

Negative sentences

**CAN'T + action**

I **can't** speak French.

You **can't** play hockey.

We **can't** play tennis.

They **can't** sing.

He **can't** ride a horse.

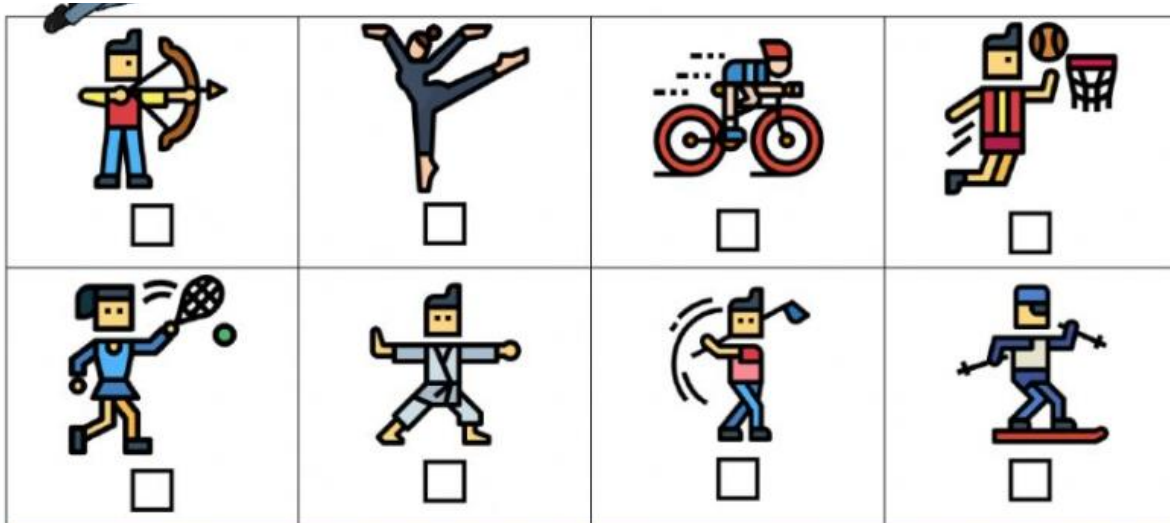
She **can't** play the piano.

It **can't** swim.

## Vocabulary: Sports



Read and put a tick or a cross under the picture. (Lee y pon un tick o cruz en la imagen)



Can you play golf? -Yes, I can.	Can you play tennis? -Yes, I can.
Can you ski? -No, I can't.	Can you do judo? -No, I can't.
Can you do gymnastics? -No, I can't.	Can you do archery? -Yes, I can.
Can you cycle? -Yes, I can.	Can you play basketball? -Yes, I can.

Look at the pictures and complete with Can or Can't. (Completa las oraciones con Can o Can't)

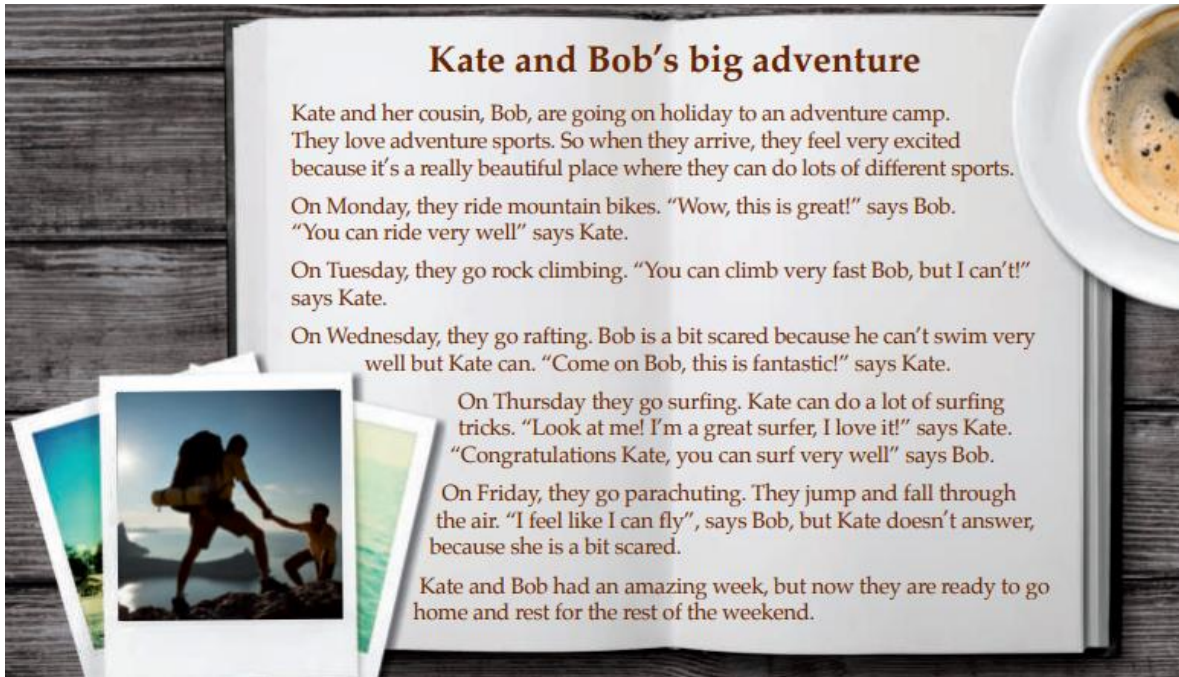


1. Simon and Sarah \_\_\_\_\_ play the guitar.
2. Simon \_\_\_\_\_ ride a horse.
3. Sarah \_\_\_\_\_ play volleyball.
4. Simon \_\_\_\_\_ drive a car.
5. Sarah \_\_\_\_\_ paint.
6. Simon \_\_\_\_\_ skateboard.
7. Sarah \_\_\_\_\_ sing.

**What can you do? What can't you do? Write 3 sentences of things you can do and 3 sentences of things you can't do. (Escribe 3 oraciones de cosas que puedes hacer y 3 cosas que no puedes hacer)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Read about Kate and Bob and answer the questions. (Lee y responde)



a. Do you think Kate and Bob enjoy doing sports? How do you know?

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b. Do you know any other "adventure sports"? Which ones?

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c. How important is it to do sports? What benefits can you get?

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d. Imagine you could go to this adventure camp. What adventure sports would you like to try? Why?

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### Part 3. Leading a healthy life.

Llevar una vida sana y hacer deportes es muy importante para estar saludable. Lee la descripción de Jenny y luego completa la tabla acerca de ti mismo.



Hello, I'm Jenny Cole. I'm 20 years old and I am a healthy person.  
I can do lots of sports, like running, and karate, and I love them. Unfortunately, I can't swim or dance.  
Also, I love healthy food, such as vegetables and fish.  
I love mineral water, but I prefer fruit juice!  
I have to take care of myself to be a healthy person!

Name	
Age	
What can / have to do to be healthy?	
What can't I do if I want to be healthy?	

### Contrasting ideas.

Cuando estamos escribiendo y queremos contrastar ideas, usamos el conector "but" (pero).

Examples:

Jenny can run, **but** she can't swim.



She likes tea, **but** she prefers orange juice.

**Complete this short personal description about your health and preferences.**  
(Completa esta descripción acerca de tu salud y preferencias)

- ✓ My favorite sports are \_\_\_\_\_ and \_\_\_\_\_.
- ✓ I can \_\_\_\_\_ but I can't \_\_\_\_\_.
- ✓ If I want to be healthy, I have to \_\_\_\_\_ but I can't \_\_\_\_\_.

### Reading comprehension:

#### Sports and healthy habits.

Roberto, 41 years-old

For me, the most important thing for being healthy is eating well. It's important to have a good diet that includes fruits and lots of vegetables. For example, every day for lunch I eat a salad that includes protein, such as fish or chicken. I try not to eat sugar except in special occasions.



Nora, 27 years-old

I think you have to be as active as possible. I get up at 5 am every day and go out for a walk in the closest park. If it's sunny, I bike to work. During my lunch time I go to the gym with my friends from work. On Saturdays, I like to swim and on Sundays I run with my neighbor. My boyfriend and I like playing tennis in the summer, and skiing in winter.

Clara, 64 years-old

At my age, I understand that it is really important to have good mental health. That's why, every day I start by meditating one hour. After that, I like to spend time by myself and I paint. On the weekends, I meet with friends and we like playing cards, we laugh and we tell stories. Finally, I think that it is important to spend time with nature, so I gave lots of plants and I usually go to the park with my dog.



1. Who likes eating lots of vegetables?

\_\_\_\_\_

2. What does Clara do every morning?

\_\_\_\_\_

3. What does Nora do every winter?

\_\_\_\_\_

4. What does Roberto eat for lunch?

\_\_\_\_\_

5. What does Nora do on Saturdays?

\_\_\_\_\_

6. Who does Clara paint with?

\_\_\_\_\_

7. What does Roberto avoid eating?

\_\_\_\_\_

8. What does Clara play with her friends?

\_\_\_\_\_

**What do you do to stay healthy?**

**Write a short text of the things you do to stay healthy. (Escribe un texto de las cosas que haces para mantenerte sano/a)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Part 4. Listening comprehension.**

**Healthy eating.**

**Before watching the video mention.**

Healthy food you eat	Unhealthy food you eat

**Watch the video and answer.**

Healthy Eating: An introduction for children aged 5-11  
<https://www.youtube.com/watch?v=mMHVEFWNLMc&t=21s>



1. With the help of the internet, look up what is a balanced diet?

\_\_\_\_\_

2. What are some effects of feeling hungry?

\_\_\_\_\_

3. What type of nutrients are there?

\_\_\_\_\_

4. Why do we need food?

\_\_\_\_\_

5. For you, what does it mean to be healthy?

\_\_\_\_\_

Look for examples of these nutrients and write 4 in each category. (Busca ejemplos de estos nutrientes y escribe 4 en cada categoría)

Protein	Carbohydrates	Vitamins	Minerals
1.			
2.			
3.			
4.			

**Writing activity.**  
Create a poster about healthy habits.

Before creating, write brainstorming ideas for your poster. Look up some information about the healthy habits you chose on the internet or a book, and organize it in the chart below: (hay un ejemplo para que te guíes)

Activity	When	Place	Benefits
Running	3 times a week	The park	- Happiness - Improves heart health - Improves sleeping



Crea tu poster en una cartulina hablando de los 2 hábitos saludables que elegiste y envía una foto a [ingles.academiamallico@gmail.com](mailto:ingles.academiamallico@gmail.com)

- ★ Recuerda poner el nombre de la actividad, cuando es el mejor tiempo para hacerlo, en qué lugar es el mejor hacerlo, y cuáles son los beneficios de esa actividad (3).

## Pauta de evaluación – Guías de estudio #2 – 6to Básico

Pt.	Desempeño	Indicador	Puntaje ideal	Puntaje obtenido
1	Exp. escrita Comp. lectora	Escriben oraciones usando la estructura del present continuous.	4	
		Leen y reordenan oraciones usando la estructura correcta.	5	
		Leen e identifican información para responder preguntas.	2	
2	Exp. escrita Comp. lectora	Identifican el uso del verbo can y can't y lo relacionan con imágenes dadas.	4	
		Completan oraciones basándose en imágenes.	4	
		Escriben oraciones expresando habilidad e inhabilidad.	3	
		Leen e identifican información en el texto para responder preguntas.	8	
3	Comp. lectora Exp. escrita	Leen e identifican información para completar cuadro.	4	
		Contrastan ideas de acuerdo a sus habilidades.	3	
		Leen e identifican información específica para responder preguntas	4	
		Escribe un texto corto acerca de que hace para mantenerse saludable. Usa contenido de la unidad.	4	
4	Comp. oral Exp. escrita	Completa la actividad acerca de comida saludable y no saludable.	2	
		Identifica información general de un video y responde las preguntas.	3	
		Crea un poster acerca de hábitos saludables siguiendo las instrucciones dadas.	8	
Gral.	Exp. escrita	Ortografía: Letra clara.	4	
		<b>Total</b>	62	
		<b>Nota</b>		

**Observaciones:**

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