



Worksheet nº3 – Unit 2	English	7° A-B
Miss Valeska Echeverría Alfaro	May 2021	

Student's name:

En caso de dudas o consultas enviar un e-mail a:
ingles.academiamalloco@gmail.com

Unit 2: "Health and habits"

Healthy food (Comida saludable)

Objetivos: OA1; OA9; OA10; OA14; OA15

- Identificar información en textos orales y escritos acerca de hábitos saludables
- Reconocer palabras de secuencia al leer una receta
- Identificar sustantivos contables e incontables en ingles
- Escribir un artículo de entre 30 y 50 palabras

Part 1

Healthy food

Do you know which types of food are healthy or unhealthy? Do you think if what you are eating is healthy or unhealthy before eating it?



A phone conversation

Before listening to the conversation, look at the picture and answer the questions.



a. What do you think the conversation is about?

b. Do you think the food we eat is important for our health?

While listening...



Escanea este código para escuchar la conversación.

Listen to the audio and write if the statements are True or False. Justify the false ones. (Escucha el audio y escribe V o F. Justifica las falsas)

a. _____ The doctor told Ben that he is not eating enough fruit.

b. _____ Ben doesn't eat junk food regularly.

c. _____ Ben doesn't like sweet food very much.

d. _____ When Ben is feeling thirsty, he drinks soda.

e. _____ The doctor thinks that Ben eats healthy.

After Listening

Listen again if necessary and look at the pictures below. Circle the food and drinks mentioned in the conversation. (Encierra las comidas y tragos que se mencionaron en la conversacion)



Answer the following questions. (Responda las preguntas)

a. What are some of Ben's unhealthy habits?

b. What changes can Ben make to improve his eating habits?

c. What is your favorite healthy food?

d. What are some healthy food items that you can bring to school?

Expressing agreement or disagreement.

Degrees of agreement and disagreement

Agreement	Partial agreement	Disagreement
<ul style="list-style-type: none">- I agree with you.- I agree.- Yes, completely.- That's right.- Of course.	<ul style="list-style-type: none">- That's true, but...- I agree, but...- I'm not sure.- Well, you could be right.	<ul style="list-style-type: none">- I disagree with you.- I disagree.- Absolutely not.- No, I don't think so.- No.

Read these statements and write if you agree or disagree with them. Remember to write why, and use the expressions of agreement and disagreement. (Lee estas oraciones y escribe si estas de acuerdo o en desacuerdo con lo que dicen. Recuerda escribir el porque y usar las expresiones de la pagina anterior)

a) Eating healthy food can make you a happier person.

b) Drinking water is healthier than drinking soda.

c) It is okay to eat fast food many times in a week.

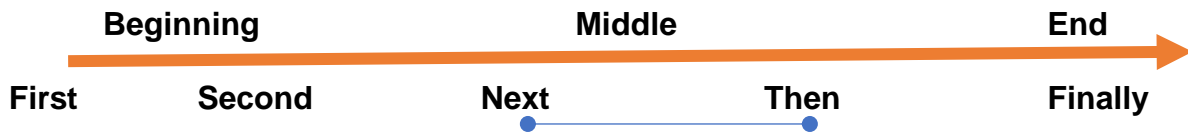
d) Having healthy habits means that you can only eat salads.

Write a small text of at least four sentences about eating healthy. (Escribe un texto de al menos 4 oraciones sobre comer saludable)

Part 2

Sequencing words

Las palabras de secuencia usualmente se usan para escribir recetas y también para contar historias y el orden en que los eventos toman lugar.



A recipe (p. 38-39)

Before Reading

a. Do you know how to make any healthy snacks?

b. How can we make sure that what we cook is healthy?

Healthy and Delicious!



Hello everybody, and welcome to a brand-new episode of Healthy and Delicious. I'm your chef, Lila! Do you have a party coming up soon and want to impress all of your friends? Maybe you want to prepare a snack for your family or just yourself? Well, today we are preparing bruschettas! And even better, today we will be making healthy bruschettas so you can eat and enjoy with your friends and family!

But first, what are bruschettas? Well, bruschettas are a typical Italian snack that is eaten at the beginning of a meal. Their main characteristic is that they are made with toasted bread, garlic and olive oil. Think of it like a healthier version of a pizza, but equally delicious! Yum!

So, before going into the preparation of your bruschetta, here are all the ingredients we will need:

- Baguette bread
- Olive oil
- Salt and pepper
- Onions
- 1 garlic clove
- Basil
- Tomatoes
- (Optional) Avocadoes and a lemon

Attention!

Cooking can be very fun, but it can also be dangerous. If you want to prepare these bruschettas, you must ask for the help of an adult first.

Let's start with the preparation!

The first thing that you need to prepare is the vegetable mix that will go on top of the bread.

First, ask for an adult to chop the onions and tomatoes. You will be in charge of taking the chopped ingredients and adding them into a bowl, mixing them with some olive oil, salt, pepper and basil. If you want to, you can squeeze a lemon to add some more flavor.

Next, add the chopped garlic clove to the mix. Be careful! Garlic is small, but powerful, so make sure that it is properly mixed. Once every ingredient is mixed, it's time to cut the baguette into thin slices.

Then, lightly put some olive oil and garlic on the bread slices and put them in the oven until they are toasted. If you want to add an extra touch of flavor, put a little bit of avocado on your bread.

Finally, put the ingredient mix on the toasted baguette and you're good to go! It's an easy, affordable, and healthy snack for you, your friends and your family. But don't limit yourself. If you don't like onions or tomatoes, you can put your creativity to work and make many other healthy types of bruschettas! You can use ingredients such as mushrooms, shrimp, chicken, carrots and many more!

Bruschettas are one of many examples that demonstrate that eating healthy can be fun, and most of all, delicious!



After reading answer the questions. (Despues de leer, responde las preguntas)

a. What is the main characteristic of a bruschetta?

b. Why is it important to cook with the help of an adult?

c. Why is the bruschetta described as a healthy version of a pizza?

Circle the correct wordd in each sentence. (Encierra la palabra correcta en cada oracion)

a. Because of its strong taste, it's better to be very careful when you're adding *onion* / *garlic*.

b. Put some olive *oil* / *lemon* on one of the sides of the baguette bread before toasting it.

c. If you're looking to add some extra flavor to your preparation, you can put some *avocado* / *garlic* cloves on it.

Put these parts of the recipe below in the correct order order. Use the connectors first, second, next, then and finally. (Pon estas partes de la receta en el orden correcto. Usa los conectores)

a. _____ Put the bread in an oven or toaster.

b. _____ If you want to, put some avocado on the bread.

c. _____ Start preparing the ingredient mix.

d. _____ Ask an adult to help you.

e. _____ Put the ingredient mix on the toasted bread and serve.

Part 3

Countable and uncountable nouns

Countable Nouns (Los nombres contables):

los nombres o sustantivos contables son aquellos que se pueden contar. Pueden tener forma singular o plural.

Examples One apple
 Two hamburgers
 Etc...

Podemos usar "a" o "an" (un/una) con nombres contables en singular:

An apple (una manzana)
A house (una casa)

Uncountable Nouns (Los nombres incontables):

los nombres o sustantivos incontables son aquellos que no podemos contar porque no los podemos delimitar individualmente, sino que forman parte de un todo. Solo tienen forma singular (no se pueden hacer plurales añadiendo "-s").

Examples: Salt
 Tea
 Sugar
 Etc...

*Nombres incontables no tienen una forma plural:

Rice	✓	Rices	✗
Milk	✓	Milks	✗

Read, find and write the food and drink in the correct group. (Lea, encuentre y escriba las comidas y tragos en el grupo correcto)



This is my kitchen. We've just been shopping. There are some **apples** in the cupboard and some grapes in the fridge. There is some water and some pasta on the table. We didn't buy any juice or any eggs, but we did buy some bread. Mmmm, I'm hungry – I think I'd like a sandwich. "MUM! I want a sandwich! Have we got any cheese or any tomatoes?"

Countable	Uncountable

Asking about quantity

How many + countable noun?



How many apples are in the kitchen?



How many tomatoes are there?

How much + uncountable noun?



How much milk is in the fridge?



How much are the bananas?

Complete the questions with how much or how many. (Complete con how much o how many)

1. _____ sandwiches have you got?
2. _____ milk is there in the fridge?
3. _____ time do you need?
4. _____ bread can you see on the table?
5. _____ friends have you got?
6. _____ spoons have you got in the kitchen?
7. _____ oil is there?
8. _____ cheese do you have in your house?
9. _____ bananas do you eat a day?
10. _____ meat is there?

Read about the healthy habits of two children in a common day and compare them in the table below. Also write about you. (Lea acerca de los hábitos saludables de dos niños en un día normal y compárelos en la tabla de abajo. También incluye información tuya de tus hábitos saludables)

Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a package of chips for a morning snack, drinks water from the water fountain, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, eats some crackers with cheese and fruit juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a shower and does her homework.	Carl gets up at 8:30 am and has two slices of toast with jam with a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies and a packaged fruit drink for morning snack and a lasagna ordered from the school cafeteria with a fruit drink for lunch. He likes to play card games with his friends at lunchtime. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, and then plays the computer for an hour or two. He goes to bed at about 10:30 pm.
--	--

She watches her favorite television show for an hour, and then usually goes to bed at about 9:30 pm.	
--	--

Health aspects	Abby	Carl	You
Diet			
Sleep			
Exersice			
Relaxation			

Read the following statements, and then decide if they are true T or false F.
 (Lea las oraciones, y escriba V o F)

- a) Both of them have a healthy life. _____
- b) Abbey has a glass of milk as a snack. _____
- c) Abbey doesn't take the bus to get school. _____
- d) Carl plays soccer with his friends _____
- e) Carl get the bus to come back home. _____

Part 4 Quantifiers

Los cuantificadores indican la cantidad de un nombre. Son repuestas a la pregunta “¿Cuántos?”. Siempre están situados delante del sustantivo.

Algunos se pueden usar sólo con nombres contables, otros, sólo con nombres incontables y otros, con ambos. A continuación, se muestran ejemplos:

Quantifier	Use with...	Example
Much (mucho/a)	Uncountable	There is not much time. How much money does he have? We have much to do!
Many (muchos/as)	Countable	There are not many tourists. How many cats do you have? We have many friends.
Some (algunos/as)	Positive and question sentences. Countable and uncountable.	She has some apples. There is some milk in the kitchen. Can I have some cookies? Would you like some coffee?
Any (algo/alguno/a)	Questions and negative sentences. Countable and uncountable.	Is there any soda? There isn't any popcorn.
A Little (un poco)	Uncountable	Do you have a little money?
A few (unos pocos)	Countable	I have a few apples in the kitchen.
A lot of (muchos/as)	Countable and uncountable.	There is a lot of soda. There are a lot of apples.

Complete with the correct quantifiers “a few/ a little / a lot of / some / many / much / any”. Circle the correct one.

Example

a little a few

We have got a few oranges.

1. a little a few

We have got _____ money.

2. a lot of much

She has got _____ friends.

3. much many

How _____ cheese is there in the fridge?

4. a lot of much

Mrs. Top has got _____ children.

5. some many

They have got _____ butter in the plate.

6. a few any

Mr. Blank hasn't got _____ grandchildren.

7. much many

I haven't got _____ money this month.

8. a little a few

Gary has got _____ pencils in his pencil box.

An article

Es un texto informativo que generalmente puede ser encontrado en diarios y revistas. Al momento de escribir un artículo siempre debes incluir:

- a) A title: un título que llame la atención.
- b) Who: los protagonistas de la historia.
- c) What: que ocurrió.
- d) When: cuando ocurrió.
- e) Where: donde ocurrió.
- f) Why: porque ocurrió.
- g) Details: detalles de la historia.
- h) A conclusión: cierre del artículo, que paso al final.

Example:

When writing news articles, always include:

- A title: Hero Rescues Girl
- Who: Alan Townsend, a firefighter...
- What: One of the strongest hurricanes in US history...
- When: This hurricane season...
- Where: New Orleans, Louisiana...
- Why: The levee system failed...
- Details: He rescued a 13-year-old girl from the roof of a house...
- A conclusion: In the end, he was the hero of the day.

Hero Rescues Girl

A Category five hurricane hit the state of Louisiana yesterday. The torrential rains caused flooding in New Orleans because the levee system failed. The flooding forced many people to go to the roof of their houses to be safe. A 13-year-old girl was trapped on a roof for ten hours until firefighter Alan Townsend rescued her. He became the hero of the day during one of the strongest hurricanes in US history.

Write an article about healthy habits. It must be between 35 and 50 words. Follow the example. (Escribe un artículo corto acerca de hábitos saludables. Entre 35 a 50 palabras. Guíate por el ejemplo anterior.)

- Recuerda agregar información acerca del que, cuando, donde, quien y por qué.
- Incluir detalles y una opinión.
- Escribir la conclusión diciendo que paso al final.

Blank writing area with horizontal lines for text entry.

Pauta de evaluación – Guías de estudio #3 – 7mo Básico

Pt.	Desempeño	Indicador	Excelente (5 puntos) Estudiante realiza las actividades de forma correcta. Logra objetivo de las actividades. Menos de 4 errores.	Bueno (3 puntos) Estudiante realiza las actividades, pero se encuentran entre 4 y 8 errores. Se logra objetivo de las actividades.	En progreso (1 punto) Estudiante tiene problemas en el desarrollo de las actividades. El conocimiento del contenido de la unidad aún está en progreso. Mas de 8 errores.
1	Comp. oral Exp. escrita	Identifica información en un dialogo acerca de una dieta saludable. Expresa si esta de acuerdo o en desacuerdo con opiniones acerca de hábitos saludables			
2	Comp, lectora	Reconocer información en texto escrito. Y reconoce los conectores de secuencia usados en una receta saludable.			
3	Comp. lectora	Diferencia entre los sustantivos contables e incontables en inglés. Pregunta acerca de cantidad. Identifica los hábitos saludables de las personas en un texto escrito.			
4	Exp. escrita	Identifica los cuantificadores para hablar de cantidad. Escribe un artículo sobre hábitos saludables (entre 35 y 50 palabras.			
Otros	Gramática, ortografía y puntuación.				
Puntaje total: 25 puntos			Puntaje obtenido:		

Observaciones:

