



INSTITUCIÓN EDUCATIVA LENINGRADO

Resol. No.2285 de mayo 02 de 2011 Jornada Diurna

Resol. No. 3212 de Julio 01 de 2011 Jornada Nocturna

NIT 816.002.832-0 DANE 166001002886



TALLER No

Septiembre

NOMBRE DEL TALLER: What we eat?

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 9°
- **FECHA:** Septiembre 2024

FASE DE PLANEACIÓN O PREPARACIÓN

COMPETENCIA

- understand people describing what food and drink they like and dislike and what is healthy or unhealthy.
- understand people talking about activities they are doing at school

EVIDENCIA DE APRENDIZAJE:

- read a text about different eating habits around the world.
- read a text about a health campaign.

FASE DE EJECUCIÓN O DESARROLLO

INSTRUCCIONES:

TEORÍA

Activiti 1: Read the text and match the dishes to the pictures. There is one dish with no picture. What is it?

Glossary

avocado = aguacate
 herbs = hierbas / especies
 pineapple = piña
 soup = sopa
 strawberries = fresas
 stuffed = relleno



A COUNTRY FULL OF DISHES

Colombia is a beautiful country with lots of different regions and different food traditions. Here are four typical Colombian dishes:

Cholao: This is a traditional dish from Valle del Cauca. It has strawberries, bananas, pineapple, mango and other fruits, with ice and condensed milk.

Ajiaco: This dish is from Cundinamarca and Boyacá. It is a soup and has different kinds of potatoes, corn, chicken and some herbs.

Bandeja Paisa: This is a traditional dish from the coffee region. It has rice, beans, beef, pork, avocado and an egg.

Lechona: This traditional dish from Tolima is a stuffed pig. There is a mixture of rice, peas and pork inside the pig.

Different cities have different dishes, so when you travel, make sure to try some food from the place.



Activiti 2: Complete the descriptions about each dish.

Name: Cholao
Place: Valle del Cauca
Ingredients:
 strawberries, bananas,
 pineapple, mango,
 and other fruit. You
 have it with ice and
 condensed milk

Name:
Place:
Ingredients:

Name:
Place:
Ingredients:

Name:
Place:
Ingredients:

Actividad 3: In your notebook, complete the sentences using a, an, some, any.



- Mark eats..... banana every day.
- I don't want chicken for lunch, please.
- Mum eats..... apple every morning.
- We often have rice for dinner.
- Every morning I drink..... water.
- I have egg or sandwich for breakfast.

Actividad 4: 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?



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

EJEMPLOS:

FASE DE EVALUACIÓN

ACTIVIDAD A EVALUAR:



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.