



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

Oct-nov

NOMBRE DEL TALLER: Healthy lifestyles

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 9º
- **FECHA:** Oct-nov 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 answer the questions a-e

Dear Alicia,

It's great to hear about your plan to visit England next month. How many days are you here for? Let's meet in London to go shopping and have a meal together!

There are restaurants from all over the world in London: Chinese, Italian, Indian, Brazilian and many more. There are fast-food restaurants, which are cheap and quick, but they are not very good for you. There are also very healthy salad bars and vegetarian restaurants.

English breakfasts are BIG! In a full English breakfast there are many things: eggs, bacon, sausages, tomatoes, mushrooms, beans and toast. To drink, there's tea, coffee or juice. After that, you aren't hungry until the evening! For a smaller breakfast, people eat toast and jam, cereals or fruit and yoghurt. Most people have breakfast around 7:00-8:00AM.

At around 12:00-1:00 PM, people have a quick lunch - often a sandwich, a salad or some soup. Choose brown bread and salad on the sandwich to make it healthy.

Dinner is usually at around 6:00-8:00 PM, though people sometimes eat later in restaurants.



A very typical British dish is fish and chips, which is delicious, but not very healthy.

Roast dinners with meat (chicken, beef or lamb), roast potatoes (yummy!), vegetables and gravy is typical to have for Sunday lunch. It's very nutritious.

However, the most popular British meal of them all is not actually British! It's Chicken Tikka Masaala, a tasty Indian dish with lots of spices. You must try it - I love it!

Can't wait to see you.

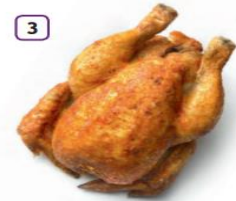
Martha.



- What time do people eat their meals in the UK?
- What do people eat for breakfast, lunch and dinner?
- What healthy / unhealthy food is mentioned?
- Find two ways of saying 'tastes good'.
- Find the different ways of saying if something is healthy / unhealthy.

Activity 2: Match the words in the box to the pictures 1-9.

burger and chips, chicken and rice, fish, lasagne, green salad, pizza, spaghetti, Bolognese, roast beef. roast chicken.



Activiti 2: Read the texts about Jeff, Ellen and Ward, and answer the questions a-e.

Jeff Peterson

I'm a college student. College is very expensive, so at the weekends, I work in an Italian restaurant.

My day begins very early because I have classes from 7:00 AM to 1:00 PM, so I have a quick breakfast of a glass of orange juice and a few biscuits. In the afternoon, I work on my assignments. I take a packed lunch with a ham sandwich, a little cheese and some fruit. I also eat crisps - several packets a day. I love crisps, so I eat a lot of them. From Thursdays to Sundays, I work from 6:00 to 10:00 PM, so I usually have dinner at the restaurant. There are a lot of dishes to choose from - my favourite meals are pasta and lasagne.



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Ward Jacobson

I'm a travel agent. I work from Monday to Friday from 8:00 AM to 8:00 PM. My working day is very long. I don't usually have time for breakfast because I need to get ready and make the journey to work. I talk on the phone nearly all day. I'm usually quite thirsty, so I drink a lot of water. In the afternoon, I usually have a slice of pizza or a little pasta for lunch at my desk and for dinner I have a main meal, like fish or chicken and rice. Before I go to bed, I have a glass of milk and some biscuits.

Ellen Andersen

I'm an engineer and I have my own company. At 6:30 AM, I usually have a big breakfast of hot chocolate, a sandwich and some eggs. During the day, I'm often hungry, so I have some snacks - usually fruit, such as grapes and apples. I eat lots of fruit. For lunch, I usually have a main meal with beef or roast chicken and a few potatoes. At around 7:00 PM, I stop working and I have a cup of tea and some crackers and cheese for dinner.

- Who has a few potatoes for lunch?
- Who eats a lot of fruit?
- Who doesn't eat breakfast?
- Who eats a lot of crisps?
- Who drinks a lot water?

B. Read the texts again and answer the questions.

- What are Jeff's favourite meals?
- What does Ellen have for dinner?
- What does Ward have for lunch?

Actividad 4: Read the text. Are the sentences a-e true (T) or false (f)? correct the false sentences.

MEATLESS MONDAYS

It's important to turn off lights and recycle paper, but there's another way we can help the planet ... by eating less meat. Here are the facts:

- farm animals use 30% of the Earth's surface
- we cut down the Amazon rainforest to grow soya to feed animals
- animals eat 97% of the world's soya crop (which could feed humans)
- to produce one kilo of beef it can take up to twelve kilos of grain
- to produce one kilo of beef it can take up to fifteen thousand litres of water!!

To produce meat we cut down trees and use lots of water. It isn't good for the environment.

Also, as the world's population grows, eating meat is not an efficient way to feed people.

Meatless Mondays is a campaign to encourage people not to eat meat on one day of the week, every week. It helps the environment and is good for your health. You should try it!



- Meatless Mondays is a campaign to get people to recycle paper.
- We are damaging the planet to produce meat.
- We need just a little water and food to get a lot of meat.
- Eating meat is the best way to feed a growing population.
- Eating meat every day is bad for our health.

EJEMPLOS:

FASE DE EVALUACIÓN

ACTIVIDAD A EVALUAR:

In your notebook, complete the sentences with the words in the box.

To keep healthy you should:

- wash your (1)with (2)..... and water after going to the toilet.
- visit the (3)..... twice a year and get a new (4)..... every month.
- eat healthy food and do (5)to keep (6).....
- visit the (7)..... every six months for a check-up.



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