

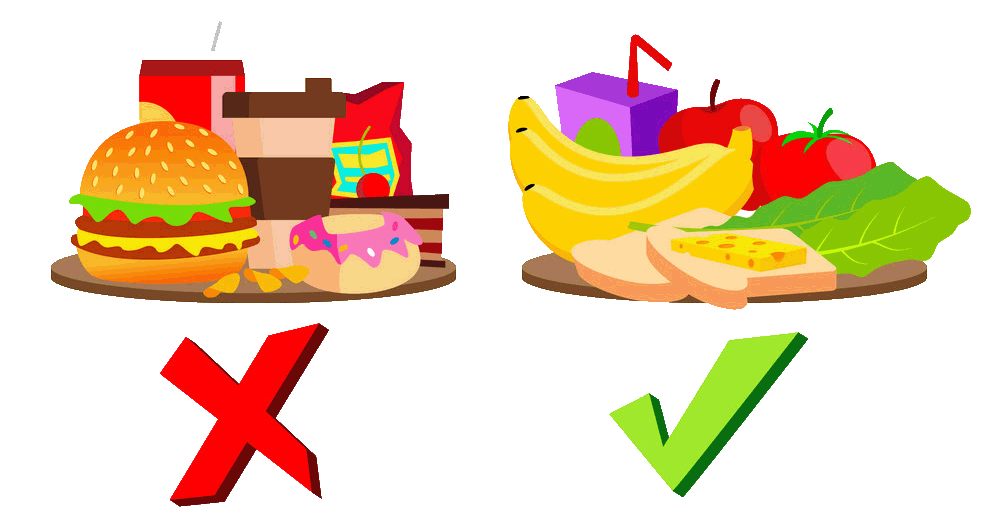
UNIT 2  
LESSON 1

## SECTION 1: SETTING THE CONTEXT

## Healthy Food

1. **Observe the images and answer the questions.**

* Observa las imágenes y responde las preguntas.



a) What are they? **Food**

b) What do they represent? (RESPUESTA ABIERTA) **Healthy/Unhealthy Food, Fruits / Vegetables / Junk Food.**

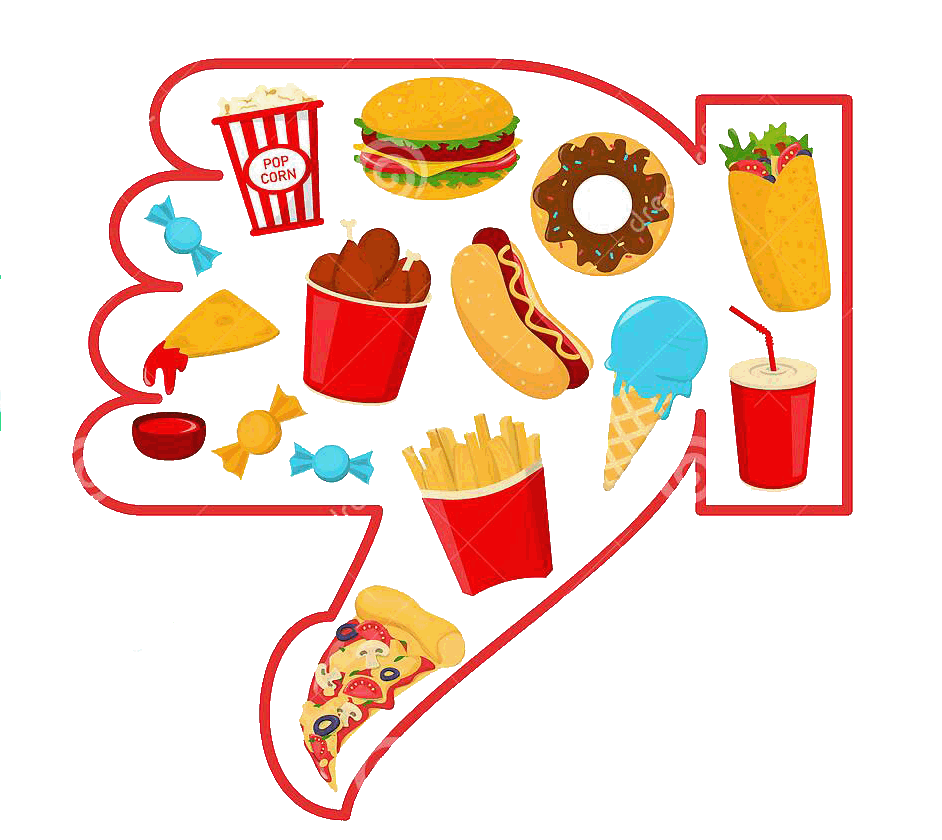
c) What food items can you identify? Write them.

**Hamburger, donut, juice, soda, coke, cookies, bananas, sandwich, lettuce, apple and tomato.**

1. **Read the descriptions about food and match them with the corresponding name.**

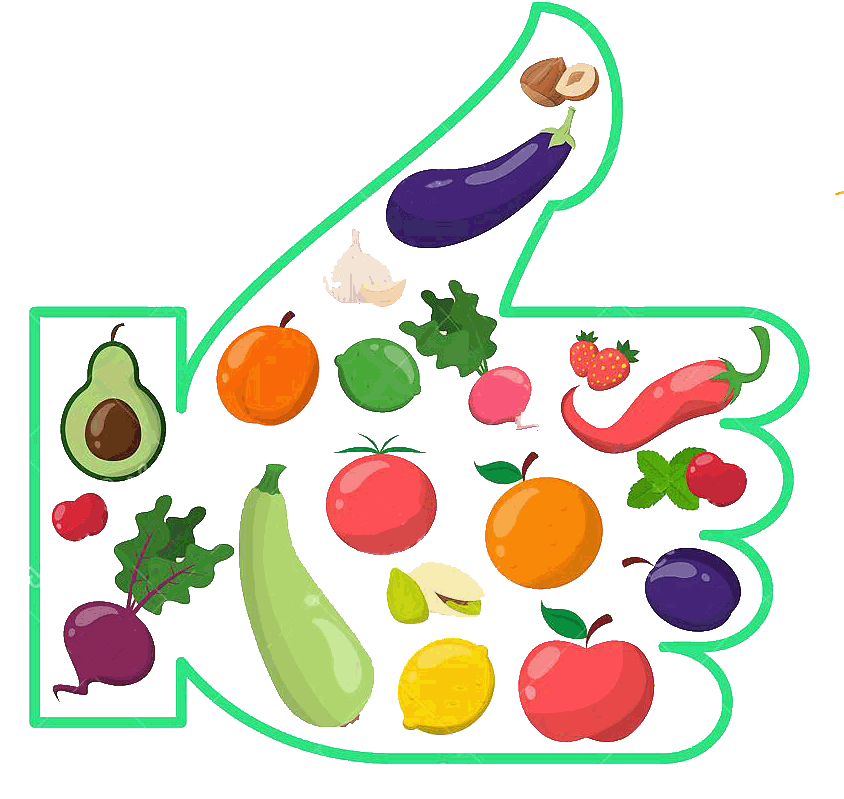
* Lee las descripciones sobre comida y escribe el nombre que corresponde.

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| Healthy food / Unhealthy food |



Food that is high in calories from sugar or fat, with little dietary fiber.

**\_\_\_\_\_\_\_\_\_\_\_\_\_Unhealthy food\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



Food to be good for you because it does not [contain](https://dictionary.cambridge.org/es-LA/dictionary/english/contain) [artificial](https://dictionary.cambridge.org/es-LA/dictionary/english/artificial) chemicals

or much sugar or fat.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Healthy food\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. Mark the food item writing *H* for healthy food and *U* for unhealthy food.**

* Marca el alimento con H si es saludable y U si es no saludable.

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|  |  |  |  |
| **HAMBURGER** | **SOUP** | **BREAKFAST** | **OMELETTE** |
| **U** | **H** | **H** | **H** |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| **APPLE PIE** | **A SODA** | **A CUP OF TEA** | **MILKSHAKE AND CROISSANT** |
| **U** | **U** | **H** | **U** |

## SECTION 2: LET'S PRACTICE

## Sergei´s Daily Routine

1. **Read the text below and underline all the food items you can find.**

* Lee el texto y subraya todas las palabras relacionadas con alimentos que puedas encontrar.

|  |
| --- |
| My Daily Routine My name is Sergei. I´m fourteen years old. I always wake up at 7 o’clock every day except Sunday. I do morning exercises. I wash, clean my teeth and comb my hair. Then I have breakfast. In the mornings I like to eat fried eggs or omelette, cheese sandwich and to drink tea. It takes me 10 minutes to get to school. My lessons begin at 8.30. At 2 o´clock the lessons are over. I usually have six or seven lessons a day. I return home at 2 o'clock and have rest. I watch TV and play computer games. I have lunch at 3 o'clock. For lunch, I usually eat some soup, fried or mashed potatoes with cutlets and a piece of cake with a cup of tea for dessert. Occasionally, after doing my homework I go for a walk with my friends. In the evening, I go to the gym. My training lasts for an hour. Dinner consists of fish, meat or chicken, vegetables or some salad and an apple pie. After dinner I read books, newspapers and magazines, chat with friends on the phone. At 10 o´clock I take a shower, brush my teeth, and go to bed. Frequency Adverbs ***Always: Siempre***  ***Usually: Usualmente***  ***Occasionally: Ocasionalmente***  Text taken and adapted from: <https://en.islcollective.com/english-esl-worksheets/search/healthy+and+unhealthy+food> |

1. **Read the text again and complete the table below with the food Sergei eats for the different meals of the day.**

* Lee el texto nuevamente y completa la tabla con los alimentos que Sergei consume para las diferentes comidas del día.

|  |  |
| --- | --- |
| Breakfast | **Fried eggs or omelette, cheese sandwich and tea.** |
| Lunch | **Some soup, fried or mashed potatoes with cutlets and a piece of cake with a cup of tea for dessert.** |
| Dinner | **Fish, meat or chicken, vegetables or some salad and an apple pie.** |

1. **Sergie’s daily routine includes time and different activities. Complete the table below and follow the example.**

* Las rutinas diarias de Sergei incluyen horas y diferentes actividades. Completa la tabla de abajo, sigue el ejemplo.

|  |  |
| --- | --- |
| **Time** | **Activity** |
| *7 o´clock* | *Wake up* |
| **8:30** | **Begin lessons** |
| **2:00** | **Return home** |
| **3:00** | **Have lunch** |
| **10:00** | **Take a shower, brush teeth and go to bed.** |

1. **Do you think Sergie has a healthy lifestyle? Why or Why not? Give 2 reasons.**

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| \*\*\*RESPUESTA ABIERTA\*\*\* |

**Yes, because he eats healthy food such as vegetables and he does exercises.**

## SECTION 3: LET´S CONSTRUCT AND APPLY OUR KNOWLEDGE

## My Daily Routine

1. **Complete the timetable with your daily routine.**

Getting things done!

|  |
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| \*\*\*RESPUESTAS ABIERTAS\*\*\* |

* Completa el horario con tu rutina diaria.

|  |  |
| --- | --- |
| My day | |
| 8:00 I wake up  9:00  10:00  11:00  12:00  13:00  14:00 | 15:00  16:00  17:00  18:00  19:00  20:00  21:00 |

1. **Complete the charts with a healthy menu of your choice.**

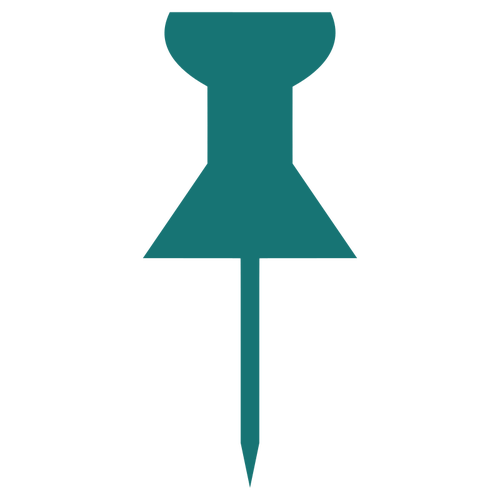
* Completa las tablas con un menú saludable de tu elección.

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| \*\*\*RESPUESTA ABIERTA\*\*\* |

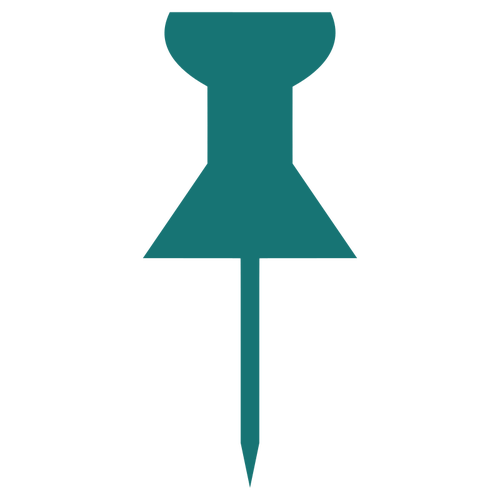
Choose your favorite day of the week: Monday Thursday

Tuesday Friday Wednesday

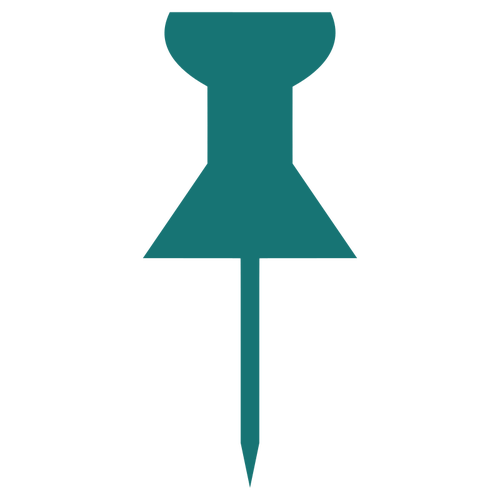
Saturday Sunday



**Breakfast: Orange Juice, coffee, toasted bread, and jam.**



**Lunch: chicken stew and rice. Dessert: an apple**.



**Dinner: fishcake and salad. A piece of healthy carrot cake.**

## SECTION 4: EXTRA ACTIVITY

## Food and routine survey

1. **Survey to 4 members of your family or friends. Ask them the following questions.**

* Haz una encuesta a cuatro miembros de tu familia o amigos. Hazle las siguientes preguntas.

1. What time do you wake up?
2. What is your favorite meal of the day?
3. Do you prefer “healthy food” or “unhealthy food”, name 2 items according to your answer.
4. Name 2 healthy food items you have in your fridge.
5. What are your favorite activities? name 2.

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| \*\*\*RESPUESTAS ABIERTAS\*\*\* |

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| --- | --- | --- | --- | --- | --- |
| **Name** | **A-** | **B-** | **C-** | **D-** | **E-** |
| **E.g. : Mom : Clara** | **08:45** | **Lunch** | **Unhealthy**  **French fries**  **Soda** | **Milk**  **Eggs** | **Sleeping**  **Watching Tv** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Total** | 1. \_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_ |

**2. Check the survey results and write them down in your notebook.**

* Revisa los resultados de la encuesta y escríbelos en tu cuaderno.

**Example:**

2 *of my family/friends wake up at 8:00 every day AND 2 of my friends wake up at 10:00.*

Take a look to these links!

* <http://www.nourishinteractive.com/kids/healthy-games/24-my-plate-usda-five-food-groups-healthy-messages>
* <https://bdescolar.mineduc.cl/info/very-tasty-vegetable-recipes-00045841>

## NO OLVIDAR REPASAR EL CONTENIDO CON UN ADULTO