PROPÓSITO:

GUÍA 2: HEALTHY CHOICES

Intercambia información sobre temas académicos del entorno escolar y de interés general, a través de

conversaciones sencillas, diálogos y juego de roles.

MOTIVACIÓN:

Observa el siguiente diagrama ahora completa el espacio en blanco con alguno de los grupos de alimentos.



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.

Glossary

build = construir
fibre = fibra
tissues = tejidos

Informal Situation

Invitations:

- *Why don't you come to ...*
- *Like to come to ...*
- *Shall we come to ...*
- *You must come to ...*
- *How about tomorrow morning?*
- *Let's meet at ... o'clock.*

Accepting:

- *I would/will ...*
- *That would be nice.*
- *I'd like to love to come.*
- *All right (then).*
- *I'll come I promise.*
- *I'll be there.*

Refusing:

- *Sorry, I can't.*
- *I'd love to, but ...*
- *I don't think I can.*
- *I wish I can, but ...*
- *Sorry, I don't think I can make it.*
- *I'm so sorry I can't make it.*



A: What are you doing on Saturday night?

B: Nothing special. Why?

A: Do you want to see a movie?

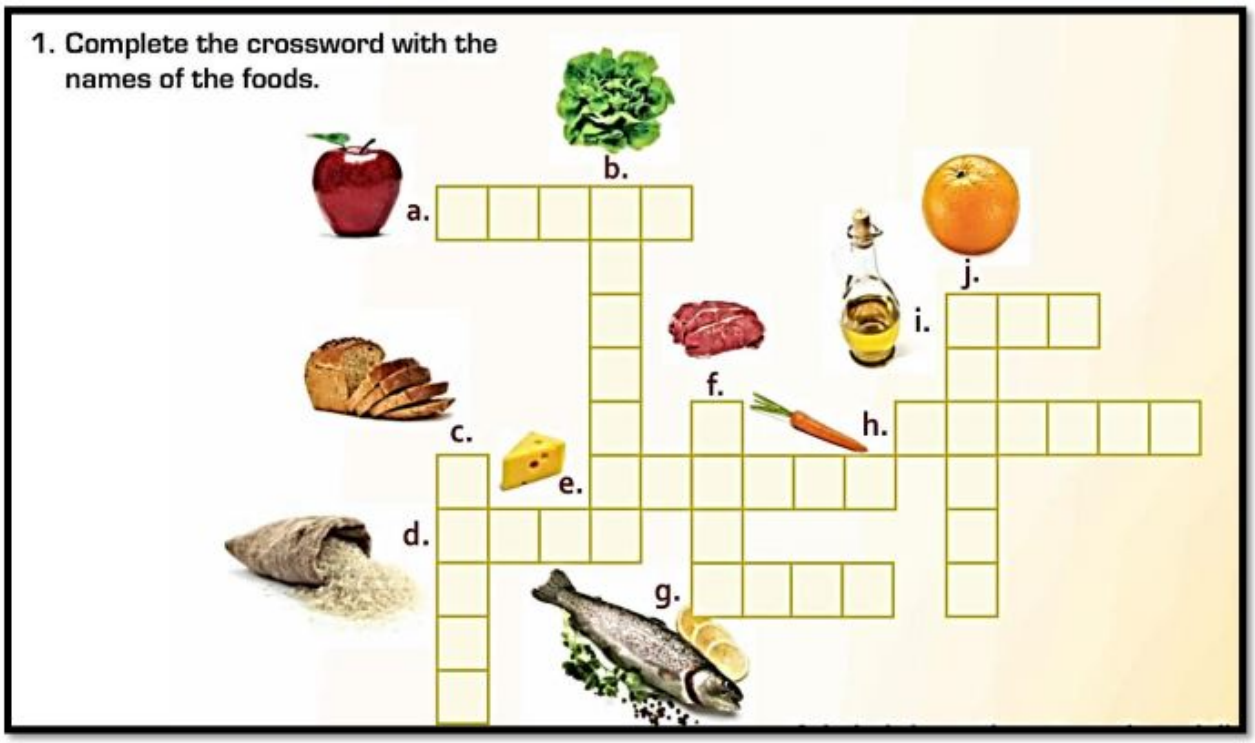
B: Sure! What time?

A: It's at 8:00. Can I pick you up around 7:30?

B: Sounds good.

EXPLICACIÓN:

Complete el crucigrama con el nombre de cada alimento.



Difference between Healthy and Unhealthy Foods

"Everyone wants to eat delicious food and enjoy the taste of life. Apart of enjoying the food, people forget to focus on the quality of meal. There are multiple differences between healthy and unhealthy foods through which you can easily decide what to choose for eating.
Healthy Foods. It is referred as the food which is beneficial for health in terms of nutrition and it also fits your body. Healthy food may be considered as organic food (pure from chemicals), whole foods and natural food etc.
Unhealthy Foods. The best way to describe the unhealthy food is the less nutritional food containing high number of calories, fat and sugar. This type of food is high in protein although body needs protein but in a certain amount". (by Shaga)

VIDEOS SOBRE HÁBITOS SALUDABLES: https://www.youtube.com/watch?v=ttkxabVoG7Q

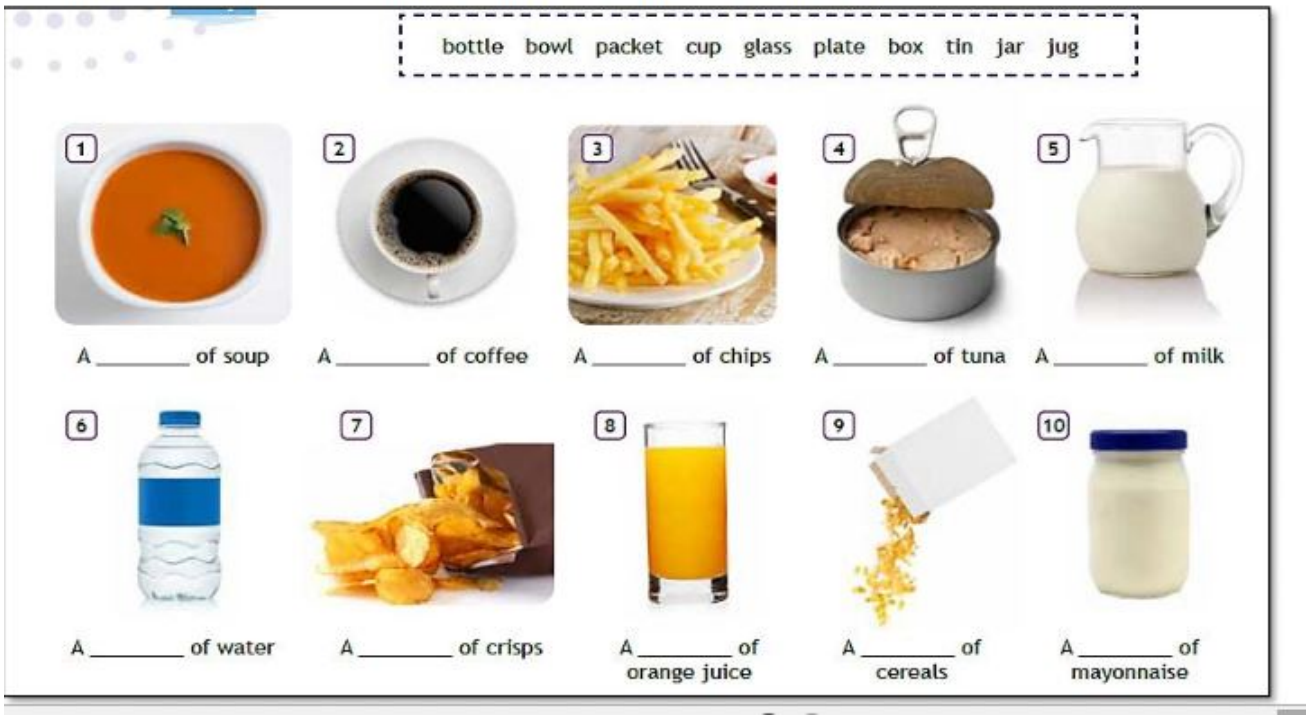
https://www.youtube.com/watch?v=zc-cNWwIFsU

Tome NOTAS sobre las frases y palabras nuevas aprendidas durante esta lección.

Repítalas y aplíquelas.

EJERCICIOS:

Complete la descripción con alguna de las palabras que están en el cuadro.



Prepare un diálogo informal haciendo una invitación a un amigo (a) para tomar un desayuno, almuerzo o cena. (UTILICE LAS EXPRESIONES QUE SE PRESENTAN EN ESTA GUÍA).

Lee el siguiente texto y responde las preguntas.

There are many fast food restaurants in my town. Lots of people eat fast food, but I think it isn't healthy. They eat this food because it's tasty, but everybody can have a tasty meal at home.

The only problem is that buying fresh products and cooking them takes time. And people prefer to spend time doing other activities, such as watching films, meeting friends, walking in the parks etc.

I also like to do these activities, but I am very careful with my diet. Fresh fruit and vegetables will always give me energy for the day. I like milk, eggs, roast chicken and mashed potatoes. Fried potatoes are nice but unhealthy, like all fried food. My favorite meal is fish. And for desert I'm afraid I eat too many sweet things: chocolate, candies, cakes, you know...

THE QUESTIONS:

- What does the writer think about fast food?
- Why do people eat fast food?
- What other activities do people like to do instead of cooking?
- What food will always give energy to the writer?
- Which food is unhealthy?



Completa el espacio en blanco con información del texto.

a. Fast food is not considered. ……..…… .

b. People eat fast food because …… .

c. The writer thinks that with a little effort, everybody can have a…….

d. The writer pays a lot of attention to. …….. .

EVALUACIÓN:

Asistencia del estudiante a las clases. Participación y solución de las actividades propuestas.

Preparación y Presentación de un diálogo informal utilizando expresiones gramaticales vistas.

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