NSTITUCIÓN EDUCATIVA MIGUEL DE CERVANTES SAAVEDRA
Reconocida oficialmente por la Secretaria de Educación Municipal de Ibagué
Según Resolución N° 2729 del 13 de octubre 2017
Código DANE: 173001002475 Nit: 809.001.097-3
Código ICFES 078337

EJERCICIOS

1. WE ARE HAVING AN ECO-COMPETITION TO CELEBRATE INTERNATIONAL EARTH DAY! SEND PICTURES OF YOUR SCHOOL INITIATIVES TO SHOW PEOPLE THE IMPORTANCE OF CARING FOR THE ENVIRONMENT.

a. We're sure that drama is a wonderful way to show our concern for forests. We presented a play about the role of trees in our lives.

b. We are certain it's good practice to restore the forest. So we planted trees around the school.

c. We strongly believe it's necessary to know all the benefits we receive from our planet. So we organized a talk with experts and people from the community.

Match the events with the reasons.

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It's a good idea to	**Events** **a.** present a play or an art show **b.** organize a paper-recycling campaign **c.** have a 'plant a tree' event **d.** have a photo exhibition	because	**Reasons** **1. With photographs, people can admire the beauty of the forest and show respect for animals and plants.** **2. When you plant a tree, you take responsibility for the environment.** **3. With cooperation, you can reduce a lot of city waste.** **4. When you show creativity, people pay attention to the message and enjoy learning.**

2. COMPLETE THE SENTENCES WITH SO OR BECAUSE.

1. My cat was hungry _____ it ate a fish.

2. I'm tired _____ I didn't sleep well last night.

3. Stewart bought lunch _____ he was hungry.

4. Mary was sick last week _____ she saw a doctor.

5. I was late for work this morning _____ I overslept.

6. Sweden is a cold country _____ people wear warm clothes in winter.

7. He didn't study _____ he failed the history exam.

8. They weren't busy _____ they helped me.

9. I wasn't careful _____ I fell off my bicycle.

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10. Catherine didn't spend much money _____ everything was on sale.

3. READ THE TEXT. SELECT THE CORRECT FORM OF THE VERBS IN ITALICS.

I *a. have / haven't* no doubt that we all share the benefits the ocean provides. We all affect its preservation in a positive or negative way. It's wrong *b. to think / thinking* that we cannot do anything to find a solution. The oceans constitute 80% of the surface of the planet. They are important because they regulate global temperatures and capture CO2. It's important *c. to protect / protecting* the habitats of many plants and marine animals.

There are two big problems for the oceans: pollution and overfishing. Pollution is a serious problem. Animals sometimes eat plastic because they think that it's food, or they get trapped in plastic bags or fishing nets.

I *d. am agree / agree* with people who want to reduce or prohibit industrial fishing because it *e. is not / does not* good practice. We need to stop over-exploiting the ocean's resources.

4. LOOK AT THE INGREDIENTS OF A FAMOUS COLOMBIAN DISH. MATCH THE PHOTOS WITH THE WORDS FROM THE WORD BANK. WHAT DISH IS IT? WHICH TWO INGREDIENTS ARE NOT SHOWN IN THE PHOTOS?

Avocado - beans -rice - minced beef -fried egg

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Complete the traveller's blog post using words from the Word Bank. Then, discuss the blogger's opinion about the dish with a partner. Do you agree?

comes - good source - contain - high -

Travel Blog: Colombian Cuisine
Posted by James Lee, August 31st**.**
I am a Canadian traveller and I have just come back from Colombia. I loved my stay there. The food is a gastronomical adventure! I really recommend the paisa platter (bandeja paisa).
It's a **a.**_____ of protein because it has eggs, red beans, fried pork and minced beef. It **b**_____ with rice and slices of fried plantain called patacón. It's served with avocado. Avocados **c.**_____ a lot of vitamins and minerals. Personally, I love this dish because it mixes a lot of flavours and nutrients. I suppose fried pork, minced beef and eggs **d.**_____a lot of cholesterol, so this dish is not healthy if you eat it every

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day or if you are not very active! But if it's your first time in Colombia and you are in Antioquia, you should try it!

COMMENTS
Lorie, 15 September, 2016 at 3:24 pm
I'm a nutritionist. I agree the mix of flavours sounds interesting: eggs, avocados and pork are great sources of Protein. But unfortunately, it's very **e._____**in fat. Maybe you should include more vegetables and use a different cooking method for some ingredients.

5. DESCRIBE YOUR FAVORITE FOOD; KEEP IN MIND THE READINGS PROVIDED, IN POINT 4

6. MATCH THE CONDITIONS WITH THE RESULTS

a. If you cannot process media messages critically,	**1.** you will be frustrated.
b. If you have high self-esteem,	**2.** their influence can turn negative.
c. if you have a positive body image,	**3.** you will feel good about who you are, and not only about how you look.
d. If you believe in the ideal of a perfect body that the media promotes,	**4.** you will believe in yourself and you will be confident.

7. LISTEN TO A PSYCHOLOGIST TALKING ABOUT THINGS THAT INFLUENCE OUR SELF-ESTEEM AND BODY IMAGE. COMPLETE THE MIND MAP. THEN, MATCH THE COMMENTS WITH THE INFLUENCES.

Psychologist: In today's podcast, I want to talk about some of the things that can influence young people's self-esteem, and especially their body image. It's important to

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be aware of these, so we can help to change attitudes and perceptions. First of all, one of the biggest influences is the media. This means TV, magazines, music videos – but also social media. All these kinds of media are a powerful way of communicating both positive and negative messages.

Secondly, friends are a big influence. There may be some friends in a group who are always talking about dieting, celebrities, clothes and body shapes and sizes. This can create negative thoughts in other people in the group. You need to ask yourselves if you also contribute to negative feelings and low self-esteem in your friends and in other people. Think about it, and think about the language that you use when you talk about other people or about yourself. You don't want to make other people feel they are not good enough.
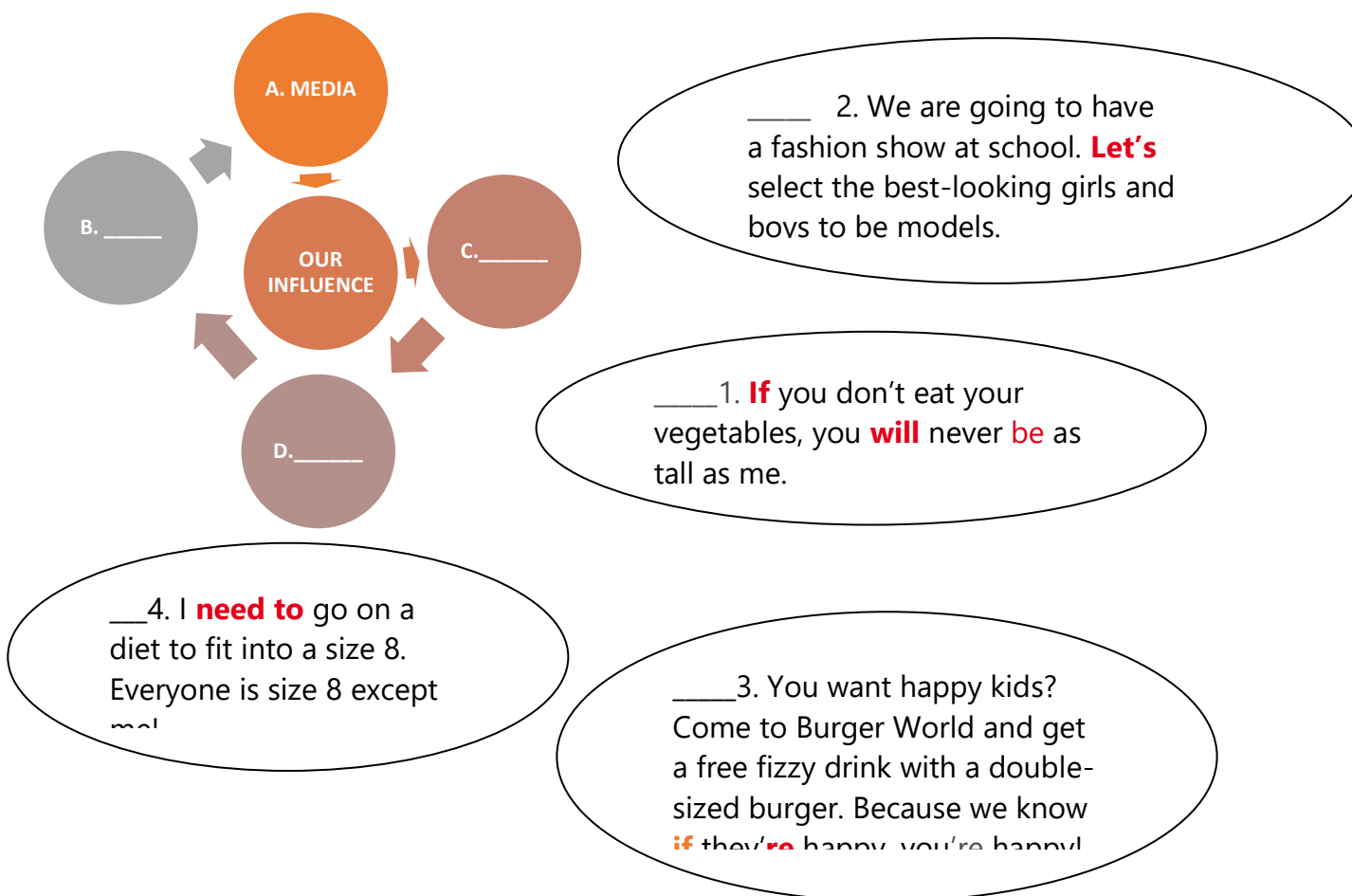
OK, thirdly, think about what happens at school. Some schools promote participation in events that celebrate beauty or fashion above health and happiness – for example, beauty contests or fashion shows. Or they may have sports competitions where the idea of winning is more important than just competing with a healthy attitude to failure.

Finally, sometimes it can be parents, or adults in the family, who promote the wrong ideas in young people about what is really important in life. They may not mean to, but they do. For example, parents who expect their kids to get perfect grades might unintentionally cause low self-esteem.

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A. MEDIA

B. _____

OUR INFLUENCE

C._____

D._____

_____ 2. We are going to have a fashion show at school. **Let's** select the best-looking girls and bovs to be models.

_____1. **If** you don't eat your vegetables, you **will** never be as tall as me.

___4. I **need to** go on a diet to fit into a size 8. Everyone is size 8 except me!

_____3. You want happy kids? Come to Burger World and get a free fizzy drink with a double-sized burger. Because we know **if** they'**re** happy, you're happy!

8. CHECK THE CRYPTOGRAM AN GUESS THE MESSAGE

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MOODS

INSTRUCTIONS: Solve the cryptogram using the table below. Then, match the statements to the corresponding mood using a different color for each.

I am _____

I am _____

I am _____

I am _____

CODE

a	⊙	b	☿	c	⏲	d	✧	e	✄
f	➢	g	⌒	h	☺	i	↗	j	☠
k	✍	l	❖	m	✹	n	✳	o	●
p	✈	q	★	r	❆	s	✂	t	☎
u	⬎	v	✌	w	⧖	x	☒	y	♋
z	⬤								

GALA

iSLCollective.com

9. CREATE A CRYPTOGRAM USING YOUR OWNS KEYS.

10. PLEASE ENTER TO THIS LINK https://www.esl-lab.com/easy/snack-time/, HERE LISTEN THE DIALOGUE AND PRACTICE THE PRONUNCIATION. IN THE CLASSROOM YOU READ THE TEXT.

11. FIND THE WORDS IN THE WORDSEARCH

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Name: _____ Date: _____

Travel

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X  F  I  B  U  Y  U  X  L  Q  J  Q  L  L  Q  I  M  G  T  P  J  Y  R  E
E  B  E  W  B  W  F  G  G  Q  F  H  T  N  M  N  F  S  C  M  A  G  D
M  X  Y  Z  L  L  Q  O  L  F  E  C  N  E  I  R  E  P  X  E  Z  D  W  D
T  K  Q  R  P  I  L  C  B  T  D  E  Z  Q  H  R  V  Q  N  K  U  N  B  W
Z  T  T  J  Q  I  C  B  K  T  A  S  C  V  L  Z  D  T  W  H  V  O  B  A
D  A  R  C  M  I  Y  E  D  M  P  C  A  K  J  F  K  U  H  L  R  I  G  I
J  C  O  Z  U  F  G  H  I  H  R  A  H  L  D  E  U  T  Z  I  Q  T  R  F
V  X  P  O  V  L  K  N  C  D  S  P  Z  J  X  X  Q  D  D  H  Q  A  D  G
P  C  S  Y  P  F  T  U  A  P  U  E  B  A  A  A  R  X  X  C  F  N  F  N
E  S  N  D  E  Y  M  U  C  J  B  U  S  S  T  A  T  I  O  N  O  I  U  I
P  H  A  M  L  N  H  C  R  J  W  N  C  R  Q  X  W  O  G  B  P  T  B  D
J  J  R  H  A  C  O  I  V  E  H  U  H  C  O  U  N  T  R  I  E  S  L  N
A  O  T  I  W  M  A  M  S  W  S  G  Z  C  J  J  F  O  M  H  T  E  E  A
Z  I  G  O  W  Y  Y  J  E  V  I  R  R  A  A  O  E  G  F  T  D  D  V  L
V  W  R  I  N  M  W  P  P  W  T  A  X  I  R  W  I  I  L  V  Z  N  A  P
A  K  A  P  T  A  B  R  O  A  D  T  V  E  Y  X  P  R  I  B  Q  N  R  L
A  G  D  Z  O  Q  X  N  G  A  S  E  I  G  C  I  G  U  G  N  A  W  T  W
B  N  S  L  P  R  T  L  O  X  H  G  S  E  N  N  Y  R  H  T  S  K  P  I
V  I  T  C  T  R  T  Q  R  O  N  R  C  T  E  Q  Z  Z  T  E  G  L  H  Q
H  L  N  Y  R  G  N  M  U  B  T  I  A  V  R  A  L  C  K  Y  A  W  A  N
E  F  D  D  A  J  P  A  S  S  P  O  R  T  R  N  D  V  U  C  F  H  T  B
A  I  O  T  P  M  R  I  G  S  V  T  L  P  U  R  C  G  E  G  E  J  L  K
C  C  J  X  E  E  M  R  Q  Y  E  S  M  Z  C  S  F  S  I  Y  H  C  C  H
Q  C  W  A  D  K  V  G  T  S  V  R  M  L  L  X  C  T  I  N  K  F  Y  O
```

escape	arrive	depart	landing
bus station	abroad	money	passport
taxi	transport	places	cultures
currency	foreign	experience	destination
countries	flight	airport	Travel

12. COMPLETE THE CROSSWORD

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13. READ AND SUMMARIZE THE TEXTS WITH YOUR OWN WORDS

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1 Posh Daddy from Nigeria
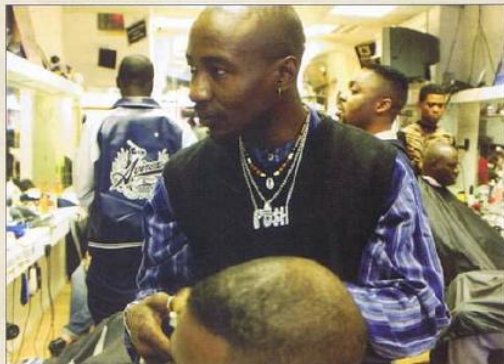
Posh Daddy is the manager of the Big Choice Barber's on Peckham High Street. It is a West Indian and African hairdresser's. These two black communities haven't always got on well together. 'When I first came here, we just wanted to be accepted by the West Indian community, but they weren't very friendly,' he says. 'Now it is getting better. These days most of my West Indian brothers in the barber's like eating African food like me, pepper soup and *kuku paka*, which is chicken with coconut – very hot and spicy.'

2 Staff in the kitchen of the Asadal

'This restaurant was a little bit of Korea brought into a very English town,' says Young-il Park, the manager of the Asadal restaurant in New Malden. The Asadal is famous for its *kimchi* – salty, spicy chilli peppers and vegetables. Young-il's father opened the Asadal in 1991 – the first Korean restaurant in the town. Young-il was the only Korean in his school. 'The thing I noticed most was that people stared,' he says. 'Now you see a lot of Koreans here.'

3 The staff in the Yasar Halim Bakery

Yasar Halim, a Turkish grocer's and baker's, is known all over London. It was opened in Green Lanes in 1981 by Mr Halim, a Turkish Cypriot. At that time, no one was selling food from his homeland. Now the shop is famous for its *baklava*, a sweet cake made with nuts and honey. The shop is very busy, and the staff working there – both Turkish and Greek Cypriots – look like they're having a great time together. In their homeland of Cyprus, there are still problems between the two communities. But in this area of London, they live together as good neighbours.

4 Portuguese football fans in the FC Porto Fan Club in Stockwell

'Football is a passion for us,' says José Antonio Costa, the president of the Porto Fan Club which meets in Stockwell. 'Many people come for friendship – you know, in a foreign country, you feel more comfortable with your own people.'

Eric Santos, the owner of Santos's café near the club, says, 'People come for my wife's *bacalhau* – salted cod, made with potatoes and onions. Delicious!' There is quite a big Portuguese-speaking community here, from Portugal, Brazil and Madeira, but they do not always stick together. 'Everyone looks after their own interests.' The Portuguese and the Madeirans, in particular, are very separate groups in London, because Madeira wants independence from Portugal.

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14. WRITE ABOUT YOUR FAVOURITE SPORT

15. DESCRIBE YOUR FAVOURITE PERSON