

7th - Unit 1: Healthy life styles!

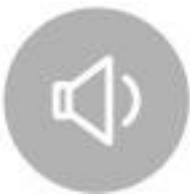
By Diego Piedrahíta – English Teacher

By the end of this unit, you will:



- Identify expressions and words related to recreational activities and the frequency of them.
- Distinguish personal care levels (physical, intellectual, emotional, social and spiritual).
- Recognize expressions of daily routines, hobbies and eating habits.
- Identify basic structures of simple present and future tenses.
- Complete a form with information related to personal care activities and their corresponding levels (physical, intellectual, emotional, social and spiritual) based on a simple written text and on the vocabulary and expressions studied.
- Make Yes/No questions previously prepared about personal care habits with adequate pronunciation and intonation.
- Prepare a list of simple sentences about personal care activities and their corresponding level with the help of the teacher and classmates.
- Express recreational activities through simple sentences based on a template and with the support of photos and images.
- Interiorize the importance of integral personal care.

The following items will help you identify what to do:



Writing

Conversation

Listening

Reading

Monologue

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Daily meals



fruit



apple



milk



carrot



rice



beans



water



meat



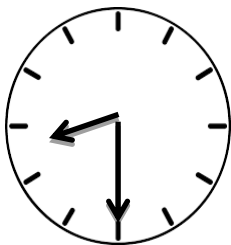
mango

Staying healthy implies eating fruits, vegetables, milk, water...

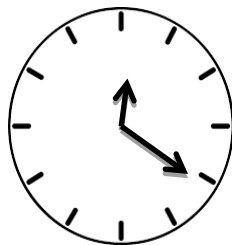
However, not only food helps us be healthy, physical activities also improve our health conditions.

What are your healthy life styles?

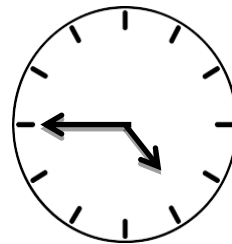
The time



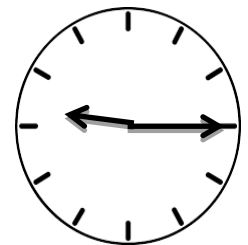
It's half past eight



It's twelve twenty



It's four forty five




It's a quarter past nine

Visit this link and learn how to describe the time <https://www.gamestolearnenglish.com/clock/>



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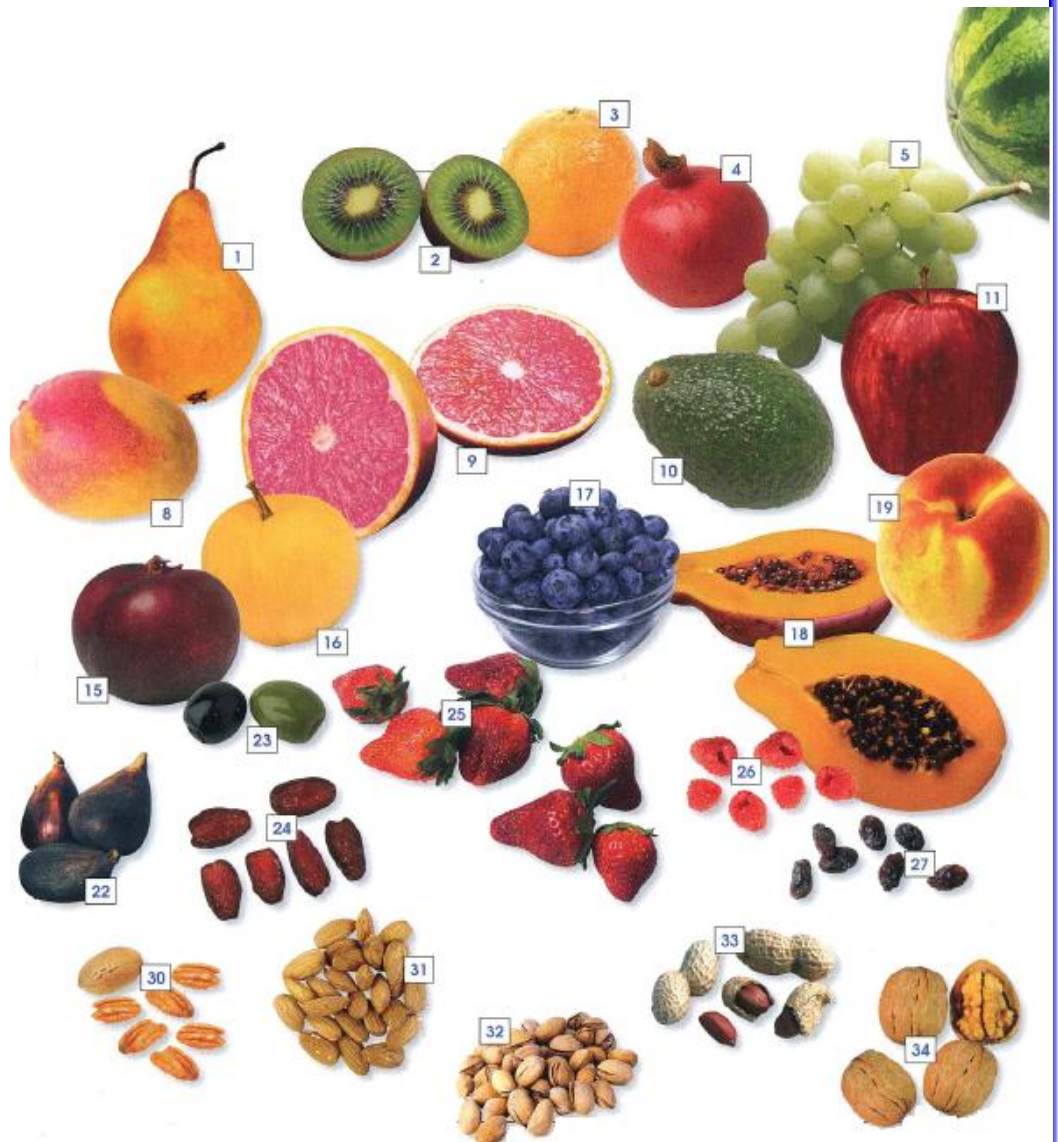
By Diego Piedrahíta – English Teacher

 Listen to Matt and Kelly talking about food and drink. Write M for Matt and K for Kelly.
(TRACK 65)

Who...

- | | |
|-------------------------------|---------------------------------------|
| 1 doesn't like bread? | 5 has fish for lunch? |
| 2 prefers juice to coffee? | 6 things vegetables are good for you? |
| 3 always has a big breakfast? | 7 doesn't like children? |
| 4 buys an apple for a snack? | 8 loves chocolate? |

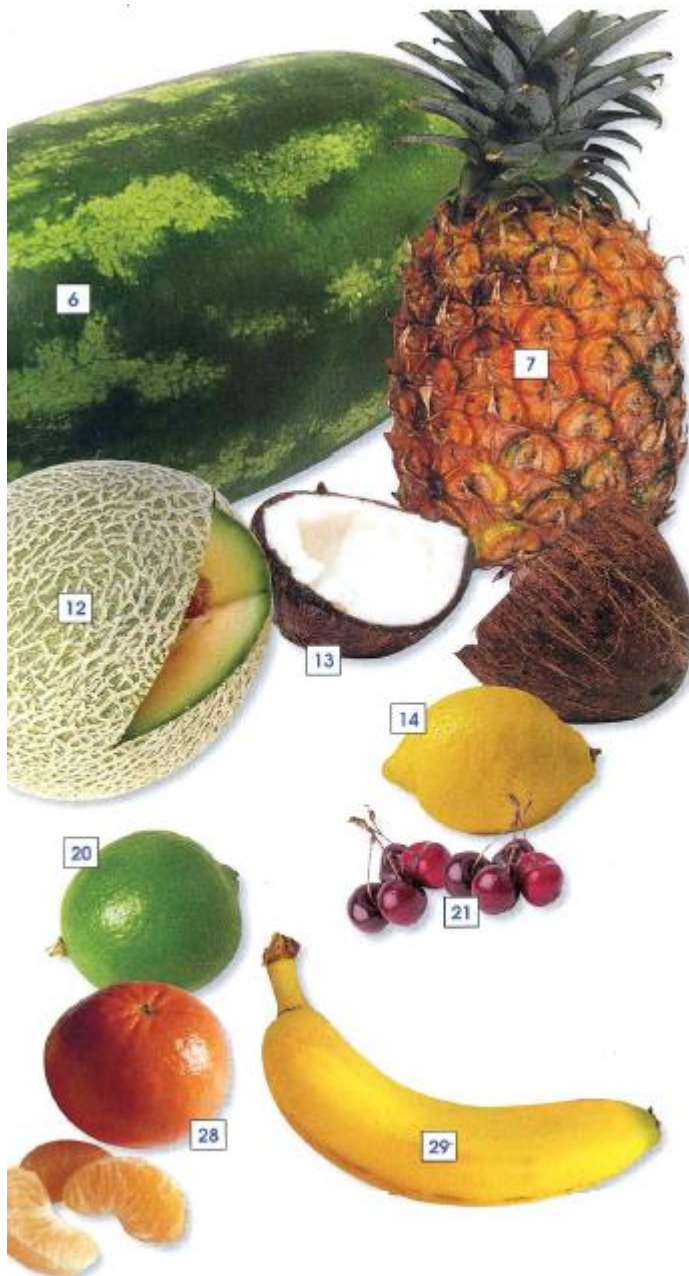
- 1 A pear
- 2 A kiwi
- 3 An orange
- 4 A pomegranate
- 5 Grapes
- 6 A watermelon
- 7 A pineapple
- 8 A mango
- 9 A grapefruit
- 10 An avocado
- 11 An apple
- 12 A cantaloupe
- 13 A coconut
- 14 A lemon
- 15 A plum
- 16 An apricot
- 17 Blueberries
- 18 A papaya
- 19 A peach
- 20 A lime
- 21 Cherries
- 22 Figs





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- 23 Olives
- 24 Dates
- 25 Strawberries
- 26 Raspberries
- 27 Raisins
- 28 A tangerine
- 29 A banana

Nuts

- 30 Pecans
- 31 Almonds
- 32 Pistachios
- 33 Peanuts
- 34 Walnuts



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What is your favorite dish?

Here are some options

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.



Would you like practicing?

Try to identify the ingredients for each dish.

<p>Name: <i>Cholao</i> Place: Ingredients:</p>	<p>Name: Place: Ingredients: <i>rice ...</i></p>	<p>Name: Place: <i>Boyacá</i> Ingredients:</p>
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Refrigerators are the place to keep our meals fresh. But not all these products are healthy. On the following page you'll find what some meals are good for.



- 1 Frozen vegetables
- 2 Frozen waffles
- 3 Ice cream
- 4 Ice tray
- 5 Soda
- 6 Margarine
- 7 Mayonnaise
- 8 Sour cream
- 9 Iced tea
- 10 Pickles
- 11 Tofu
- 12 Yogurt
- 13 Syrup
- 14 Cream
- 15 Bottled water
- 16 Cake
- 17 Jam
- 18 Salad
- 19 (salad) dressing
- 20 Bacon
- 21 Cold cuts
- 22 (cheddar) cheese
- 23 Butter
- 24 (Swiss) cheese
- 25 Eggs
- 26 Milk
- 27 Orange juice
- 28 Apple juice



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Look at this diagram and identify the importance of a healthy diet:

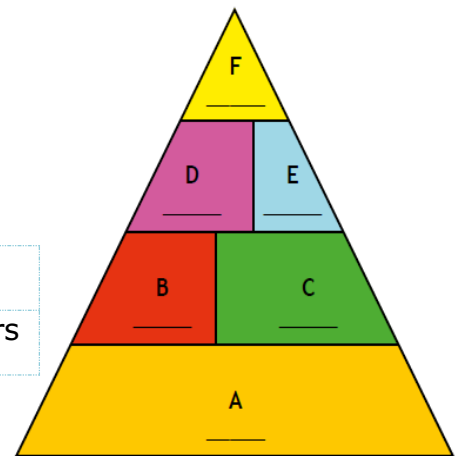


Name: fruits
(e.g. bananas and apples): they give your body fiber, vitamins and antioxidants.
Name: vegetables
(e.g. carrots and broccoli): they give your body vitamins, minerals and fiber.
Name: dairy
(e.g. soya milk and yogurt): they provide calcium.
Name: grains
(e.g. rice and pasta): they give you energy, and help the body grow and work correctly.
Name: proteins
(e.g. chicken or fish): they help your body to build and repair tissues.
Name: fats and sugars
(e.g. chocolate or butter): these provide lots of energy for your body.



Listen to the information about the Food Pyramid and complete the diagram with the food groups 1 - 6. **(TRACK 66)**

Fruits	Vegetables	Proteins
Grains	Dairy	Fats and sugars





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Go to these pages and practice the vocabulary

- <http://www.learningchocolate.com/content/fruits-2>
- <http://www.learningchocolate.com/content/fruits-1>

Click on Match 1 or Match 2

Show your screen while you match the images to the words.

You can also listen to the pronunciation

Time: 4s
Check Answers ?

How often

How often do you eat	Every day	Sometimes	Never
Chicken?	III III I	III III III	II

Thirty people took part in the survey about their eating habits, and about how often they eat certain food items.

A lot of people eat chicken sometimes – a total of fifteen people. 50% eat chicken sometimes.

A lot of people eat chicken every day – a total of twelve people, which means 40% eat chicken every day.

A few people never eat chicken – a total of three people. So 10% of people never eat chicken.

Time expressions and adverbs of frequency by Diego Piedrahíta – English teacher – 2016

<http://ucn.adobeconnect.com/p29lhgojr9t/>



Physical activities



Free Time Activities

- 1 He goes swimming.
- 9 She does Pilates.
- 6 They play football.
- 11 They do aerobics.
- 7 They go cycling.
- 2 They do karate.
- 5 He plays pool.
- 3 He plays wheelchair basketball.
- 4 They play board games.
- 10 He goes climbing.
- 8 They go running.



You can include some of these activities in your daily routine in order to stay healthy.

Successful people say they get up early on the morning and start doing some physical activities before starting work or study. Let's do it!



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Expressing opinion

Important	Interesting	Boring	Necessary
Nice	Wonderful	Tiring	Ridiculous
Gratifying	Dangerous	Good	Bad

The following images were designed by one of our partners as a way to describe what she does in a rural zone near Medellín.

As you can see, these free time activities can help us share with people around us.



Images by Kelly Cano – Cibercolegio student - 2014

- It's important to share with friends
- It's interesting to practice sports
- It's necessary to exercise every day
- It's nice to fly kites



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Daily routines

Some partners share their daily routine.

Please, identify what they do to stay healthy:

- Physical activities
- Eating habits



This video is about a daily routine which includes common activities such:

- eating
- studying

Some hygiene habits are also described.

Daily routine by Luna Fernandez – Cibercolegio student - 2015

<https://www.powtoon.com/online-presentation/fPt4cWvcOOY/untitled1/?mode=movie>



This video is about a daily routine by one of our partners.

You will learn how to describe what you do every day, and also the importance of healthy habits such meals and free time activities.

By Valentine Sánchez – Cibercolegio student - 2015

https://www.youtube.com/watch?v=m4dFJ_jcI7g



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Describing what people are doing

Present progressive tense by Ximena Manzi – Cibercolegio student – 2013



<https://goanimate.com/videos/0w8ZExLqwKyI>

Poster: healthy life habits (example)

Healthy lifestyles

Be active
Do at least 30 minutes of exercise every day
It reduces the risk of a disease.
It makes your body strong and makes you feel better.

Eat a balanced diet
Eat five portions of fruit and vegetables a day. They give your body vitamins and energy. They prevent diseases.

Reduce your ecological footprint
It helps the planet and helps you enjoy the wonders of nature.

Walk 30 minutes every day, and eat balanced meals such fruits and salads. Never smoke!

RECYCLE

This leaflet contains useful information and tips for leading a healthy lifestyle



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Referencias

Las imágenes, textos y demás material audio visual, en su mayoría de producción de estudiantes y docente del Cibercolegio UCN, fueron tomados con fines académicos, apoyados además por el currículo sugerido por el Ministerio de Educación Nacional.

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