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|  |  | |  | | |
| **ENGLISH**  A1.1  Unit 3  ---------------------------------------------------------  “Healthy life styles!” | | |
|  | | |
| INTRODUCTION | | | |  |  |
|  | |  | **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** |

**Daily meals**

|  |  |
| --- | --- |
| fruits | 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? |



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 snack? 8. Loves chocolate?

**Listen again and write what they like for each meal:**

|  |  |  |
| --- | --- | --- |
|  | **Matt** | **Kelly** |
| **Breakfast** |  |  |
| **Snack** |  |  |
| **Lunch** |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 1 | **Fruits and vegetables**   |  |  | | --- | --- | | 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 | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2** | |  |  | | --- | --- | | 23 | Olives | | 24 | Dates | | 25 | Strawberries | | 26 | Raspberries | | 27 | Raisins | | 28 | A tangerine | | 29 | A banana | | 30 | Pecans | | 31 | Almonds | | 32 | Pistachios | | 33 | Peanuts | | 34 | Walnuts | |



Write your five favorite fruits (rank them in order)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |



Listen to the audio and learn to pronounce fruits and nuts.

***(TRACK Fruits and nuts)***

|  |  |  |
| --- | --- | --- |
| I *peel*  the banana | What else do yo peel? | |
| **20160717_011003** | **…** | |
| **…** | |
| **…** | |
| **…** | |
| **…** | |
| **…** | |
| **…** | |
| **…** | |
| **dishes** | | **dishes 1dishes 3dishes 2** | |



Read the previous text and complete the description of three dishes:

|  |  |  |
| --- | --- | --- |
| **Name:** *Cholao*  **Place:**  **Ingredient** | **Name:**  **Place:**  **Ingredients:** *rice …* | **Name:**  **Place:** *Boyacá*  **Ingredients:** |



Write what you eat for each meal

|  |  |  |
| --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** |
|  |  |  |



Find the meaning of the words in the box and complete the descriptions:

|  |
| --- |
| glass |

**The refrigerator (fridge)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| fridge | |  |  | | --- | --- | | 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 | |



Make three lists, from foo in the refrigerator:

|  |  |  |
| --- | --- | --- |
| **Very healthy** | **Less healthy** | **Not healthy** |
|  |  |  |



Open the fridge, take a picture and describe the meals (fruits, vegetables….and use ***a glass of... a cup of… a box of***…)

|  |  |
| --- | --- |
| fridge | **NOTE:**  You can also take some photos at the fruit store, at the dining room….and wherever you can find some of the fruits, vegetables and meals indispensable for healthy eating habits.  Do not take images from internet (use real photos from your own environment, house, etc.) |

|  |  |  |
| --- | --- | --- |
| **Countable** | | **Uncountable** |
| **Singular** | **Plural** |
| There is a(n) | There are some | There is some |
| There isn’t a | There aren’t any | There isn’t any |



Complete the sentences using ***a / an / some / any:***

|  |
| --- |
|  |

**»** Raúl eats every day.

|  |
| --- |
|  |

**»** I don’t want chicken for lunch, please.

|  |
| --- |
|  |

**»** My dad eats apple for lunch every morning.

|  |
| --- |
|  |

**»** We often have rice for dinner.

|  |
| --- |
|  |

**»** Every morning I drink water.

|  |
| --- |
|  |

|  |
| --- |
|  |

**»** I have egg or sandwich for breakfast.

|  |  |
| --- | --- |
|  | **Simple presente: [Click here](http://www.grammar.cl/Present/Simple.htm)** |



Read the dialogue. Then practice similar short conversations with a classmate. Talk about breakfast, lunch and dinner.

|  |
| --- |
| **dialogue** |

Why is food important for your body? Look the diagram and complete the information:



|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **food** | |  | | --- | | Name: | | (e.g. bananas and apples): they give your body fiber, vitamins and antioxidants. | | Name: | | (e.g. carrots and broccoli): they give your body vitamins, minerals and fiber. | | Name: | | (e.g. soya milk and yogurt): they provide calcium. | | Name: | | (e.g. rice and pasta): they give you energy, and help the body grow and work correctly. | | Name: | | (e.g. chicken or fish): they help your body to build and repair tissues. | | Name: | | (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 |





Read the text and match the questions a-d to the paragraphs.

|  |  |
| --- | --- |
| » How much sugar do you need every day? | » How many meals do you need every day? |
| » How much water do you need every day? | » How much fruit do you need every day? |
| **diet** | |



Read the text again and choose the correct option

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | How many meals do you need to have a day? | 3 | How much water do you need? |
| A | Six small meals | A | One glass |
| B | Three big meals | B | One liter |
| C | Six big meals | C | 10 glasses |
| D | No meals | D | 1 bottle |
| 2 | How much fruit do you need to have a day? | 4 | How much sugar do you need? |
| A | None (zero) | A | Your body doesn’t need sugar |
| B | One to three portions | B | Your body needs small quantities |
| C | Three to five portions | C | Your body needs big quantities |
| D | Less than one portion | D | You need too much sugar |

**Let’s play**

» Go to this page and practice the vocabulary

**Fruits**

|  |  |
| --- | --- |
|  | [**Click here**](o%09http://www.learningchocolate.com/content/fruits-1) |

|  |  |
| --- | --- |
|  | [**Click here**](o%09http://www.learningchocolate.com/content/fruits-2) |

|  |  |
| --- | --- |
| **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 | **game** |

Read the text, and then write some questions **(Use Wh words**, **yes/no questions)**

|  |
| --- |
| reading |

Listen to what Collins eats every day; then match the food to the correct day. ***(TRACK 70)***



|  |  |  |  |
| --- | --- | --- | --- |
| A | On Sundays he eats | 1. | Fish and chips |
| B | On Monday he eats | 2. | Mixed grill |
| C | On Tuesday he eats | 3. | Roast chicken |
| D | On Wednesday he eats | 4. | Sausage and mash |
| E | On Thursday he eats | 5. | Spaghetti Bolognese or lasagna |
| F | On Friday he eats | 6. | Ham and salami |
| G | On Saturday he eats | 7. | Green salad and roast beef |

|  |  |  |
| --- | --- | --- |
| **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 7:00pm I stop work and I have a cup of tea and some crackers and cheese for dinner. | **Jeff Peterson**  I´m a college student. College is very expensive, so at the weekends, I work in a 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 crips, 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. | |
| **Ward Jacobson**  I´m a travel agent. I work from Monday to Friday fro 8:00 am to 8:00 pm. My working day is very long. I usually have time for breaskfast 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 small pasta for lunch at my desk and for dinner I have a main meal, like fish of chicken and rice. Before I go to bed, I have a glass of milk and some biscuits. | | **» Who eats a lot of fruit?**  **» Who doesn´t eat breakfast?**  **» Who eats a lot of crisps?**  **» Who drinks a lot of water?**  **» Who has a few potatoes for lunch?** |

**How often**

|  |  |  |  |
| --- | --- | --- | --- |
| **How often do you eat** | **Every day** | **Sometimes** | **Never** |
| **Chicken?** | ~~IIII~~ ~~IIII~~ ~~II~~ | ~~IIII~~ ~~IIII~~ ~~IIII~~ | ~~III~~ |
| 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. | | | |

|  |  |
| --- | --- |
|  | [**Click here**](http://ucn.adobeconnect.com/p29lhgojr9t/) |

***Time expressions and adverbs of frequency by***

***Diego Piedrahíta – English teacher – 2016***



Do a survey about your parents’ eating habits. Record your voice and complete the table.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How often do you eat | Every day | Sometimes | Never | Once a day | From time to time |
| rice? |  |  |  |  |  |
| fast food? |  |  |  |  |  |
| vegetables? |  |  |  |  |  |
| beans? |  |  |  |  |  |
| fruit? |  |  |  |  |  |
| soup? |  |  |  |  |  |



Paste a photo of your breakfast /lunch / dinner and describe the ingredients.

**(Don’t copy from internet)**

|  |  |
| --- | --- |
| **This is my breakfast/lunch/dinner**  **»** | **Description** |

**Physical activities**

|  |
| --- |
| free time activities |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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.

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

|  |
| --- |
|  |

» 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

|  |
| --- |
| sports |



Read about Kimmy and complete his daily routine.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| *Morning* | *Go running* | *Go running* | *Go running* | *Go running* | *Go running* |  |  |
| *Afternoon* |  |  |  |  |  |  |  |
| *Evening* |  |  |  |  |  |  |  |

**» What’s your daily routine?**

|  |  |
| --- | --- |
|  | **My daily routine** [**Click here**](https://www.youtube.com/watch?v=m4dFJ_jcI7g) |

***By Valentine Sánchez – Cibercolegio student - 2015***

|  |
| --- |
| 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. |

Describe your daily routine (orally and written) in which you include healthy habits.



|  |
| --- |
| … |

**» What sport are you practicing?**

I am playing basketball with my cousins and neighbors

**Describing what people are doing**

|  |
| --- |
| https://static.wixstatic.com/media/da6c03_cb6dd0502d924e28b7b67f889741ba5e~mv2.png/v1/fill/w_350,h_225,al_c,usm_0.66_1.00_0.01/da6c03_cb6dd0502d924e28b7b67f889741ba5e~mv2.pnging |

|  |  |
| --- | --- |
|  | [**Click here**](https://goanimate.com/videos/0w8ZExLqwKyI) |

***Present progressive tense by Ximena Manzi – Cibercolegio student – 2013***

**A fun day**

|  |  |
| --- | --- |
|  | [**Click here**](http://www.esl-lab.com/fun/funsc1.htm) |

**Phonetics**



***(TRACK “Th pronunciation”)***

|  |
| --- |
|  |

**» Here you’ll find some clues for a Better pronunciation**

|  |  |
| --- | --- |
|  | [**Click here**](http://soundsofspeech.uiowa.edu/english/english.html) |

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| BIBLIOGRAPHY |  |  |

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|  | 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.  » <http://www.elllo.org/>  » <http://www.learningchocolate.com/content/fruits-1>  » <http://www.learningchocolate.com/content/fruits-1> |