



Plan de trabajo

INGLÉS

CURSO: 7mo Básico

semana del 27 de julio al 07 de agosto

Desarrollar 1ª parte guía n° 1 , Unidad 2	. Desarrollar 2ª parte Guía n° 1		



Teacher: Miss Maribel. B.

NAME: _____, Class: 7th Grade

Objetivo .
Habilidades:

1. Observe the images and answer the questions.

- Observa las imágenes y responde las preguntas.



- a) What are they? _____
- b) What do they represent? _____
- c) What food items can you identify? Write them.

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

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

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



Food to be good for you because it does not contain artificial chemicals or much sugar or fat.

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.

			
HAMBURGER	SOUP	BREAKFAST	OMELETTE

 <p>APPLE PIE</p>	 <p>A SODA</p>	 <p>A CUP OF TEA</p>	 <p>MILKSHAKE AND CROISSANT</p>

Reading activity

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>

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

LET'S CONSTRUCT AND APPLY OUR KNOWLEDGE

My Daily Routine

1. Complete the timetable with your daily routine.

- Completa el horario con tu rutina diaria.



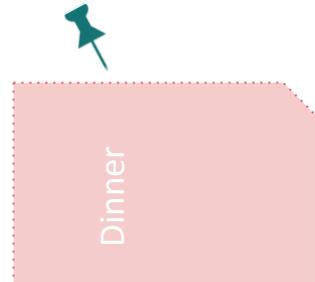
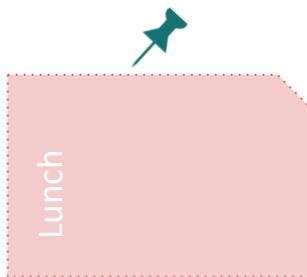
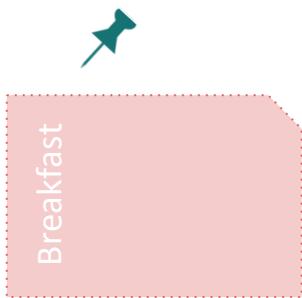
My day	
8:00 I wake up	15:00
9:00	16:00
10:00	17:00
11:00	18:00
12:00	19:00
13:00	20:00
14:00	21:00

2. Complete the charts with a healthy menu of your choice.

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

Choose your favorite day of the week:

Monday Thursday
Tuesday Friday Wednesday
Saturday Sunday



Extra activity

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.
- a) What time do you wake up?
 - b) What is your favorite meal of the day?
 - c) Do you prefer “healthy food” or “unhealthy food”, name 2 items according to your answer.
 - d) Name 2 healthy food items you have in your fridge.
 - e) What are your favorite activities? name 2.

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. _____				

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.