

GUIA DE ACTIVIDADES. N°1 "OCTAVO"

DEPARTAMENTO	INGLÉS	ASIGNATURA	INGLÉS
OA PRIORIZADOS	OA 9: Comprensión Lectora OA14: Expresión Escrita OA8: Comunicación Oral	FECHA DE INICIO	29 DE MARZO 2021
LETRA DEL NIVEL	A-B-C-D	FECHA DE TERMINO	02 DE ABRIL 2021

Indicaciones del profesor.

- Lee atentamente cada una de las instrucciones dadas para cada Ítem.
- Desarrolla las actividades de forma completa siguiendo modelo e instrucciones dadas.
- Esta guía está destinada para que la puedas realizar en 40 minutos.
- Recuerda que No debes enviar el desarrollo de tu guía al correo institucional, ya que la revisaremos todos juntos en las clases online.**
- Ante cualquier duda puedes escribir:
claudia.fernandez@colegiofernandodearagon.cl

Contenido.

- Vocabulario relacionado a la vida saludable y la comida sana
- Comprensión lectora: texto relacionado a hábitos alimenticios y estilos de vida
- Tiempos Presente Continuo y Presente Simple

Ejemplos

Peter doesn't eat junk food regularly.
(Peter no come comida chatarra regularmente)

Actividad de ejercitación.

I. - Read the following text and do the exercises.

13

Obesity in Latin America is an increasing problem. More and more children and teens are becoming overweight or obese.

There are many possible causes for this problem. These include an increase in urban living, dietary changes towards unhealthy US-style snacks, and a more sedentary lifestyle that involves watching TV and playing video games.

In Mexico, Congress passed legislation in 2010 in order to decrease the amount of junk food schools sell to children. Specialists also suggest that schools should provide students with at least thirty minutes of exercise per day.

Source: Archivo editorial.



1. Read the article below and write the correct title. Then discuss your option with your classmates and teacher.

Sedentary Lifestyle

Obesity in Latin America

Junk Food in Mexico

Obese Teenagers

2. Say if these sentences are True or False, then talk to your partners about them.

- a. One reason for obesity in children is the amount of junk food they eat.
- b. Another reason is living in cities.
- c. Watching TV and playing video games are examples of an inactive lifestyle.
- d. The Mexican government wants to increase the sale of junk food in schools.
- e. The article suggests that students should do more exercise at school.

Actividad de ejercitación.

II.- Utiliza el siguiente vocabulario en caso de ser necesario para poder comprender y facilitar la lectura del texto que está más arriba.

Vocabulary

Increasing: creciente, en aumento	Unhealthy: poco saludable, dañino
Teens: jóvenes	Snack: colaciones
Become(ing): convertirse en	Lifestyle: estilo de vida
Overweight: obeso, con sobrepeso	Involves: involucrar
There are : hay, existen	Decrease: reducción, disminuir
Many: muchas	Junk food: comida chatarra
These: estos, estas.	Sell: vender
Living: vivir	Provide: aportar, proveer, facilitar
Changes: cambios	At least: por lo menos
Towards: hacia	Thirty: treinta

GUIA DE ACTIVIDADES. N°2 "OCTAVO"

DEPARTAMENTO	INGLÉS	ASIGNATURA	INGLÉS
OA PRIORIZADOS	OA 9: Comprensión Lectora OA14: Expresión Escrita OA8: Comunicación Oral	FECHA DE INICIO	05 DE ABRIL 2021
LETRA DEL NIVEL	A-B-C-D	FECHA DE TERMINO	09 DE ABRIL 2021

Indicaciones del profesor.

- Lee atentamente cada una de las instrucciones dadas para cada ítem.
- Desarrolla las actividades de forma completa siguiendo modelo e instrucciones dadas.
- Esta guía está destinada para que la puedas realizar en 40 minutos.
- Recuerda que No debes enviar el desarrollo de tu guía al correo institucional, ya que la revisaremos todos juntos en las clases online.**
- Ante cualquier duda puedes escribir: claudia.fernandez@colegiofernandodearagon.cl

Contenido.

- Vocabulario relacionado a alimentación saludable y cómo preparar una receta, por medio de descripciones dadas en el escrito.
- Comprensión lectora: texto relacionado a cómo elaborar una comida saludable a través de una receta.
- Tiempo Presente Simple

Ejemplos

'Put the bread in an oven or toaster'
(coloque el pan en un horno o tostador)

Actividad de ejercitación.

- I. - Read the following text and answer the questions.

Healthy and Delicious!



Hello everybody, and welcome to a brand-new episode of Healthy and Delicious. I'm your chef, Lila!

Do you have a party coming up soon and want to impress all of your friends? Maybe you want to prepare a snack for your family or just yourself? Well, today we are preparing *bruschettas*! And even better, today we will be making healthy *bruschettas* so you can eat and enjoy with your friends and family!

But first, what are *bruschettas*? Well, *bruschettas* are a typical Italian snack that is eaten at the beginning of a meal. Their main characteristic is that they are made with toasted bread, garlic and olive oil. Think of it like a healthier version of a pizza, but equally delicious! Yum!

So, before going into the preparation of your *bruschetta*, here are all the ingredients we will need:

- Baguette bread
- 1 garlic clove
- Olive oil
- Basil
- Salt and pepper
- Tomatoes
- Onions
- (Optional) Avocados and a lemon



Attention!

Cooking can be very fun, but it can also be dangerous. If you want to prepare these bruschettas, you must ask for the help of an adult first.



Actividad de ejercitación.



Let's start with the preparation! The first thing that you need to prepare is the vegetable mix that will go on top of the bread. First, ask for an adult to chop the onions and tomatoes. You will be in charge of taking the chopped ingredients and adding them into a bowl, mixing them with some olive oil, salt, pepper and basil. If you want to, you can squeeze a lemon to add some more flavor.

Next, add the chopped garlic clove to the mix. Be careful! Garlic is small, but powerful, so make sure that it is properly mixed.

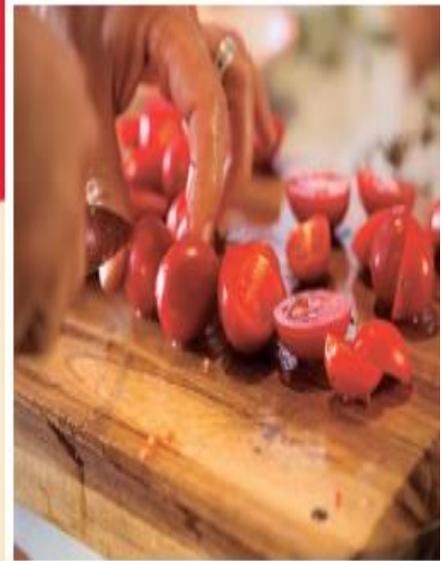
Once every ingredient is mixed, it's time to cut the baguette into thin slices. Then, lightly put some olive oil and garlic on the bread slices and put them in the oven until they are toasted.

If you want to add an extra touch of flavor, put a little bit of avocado on your bread. Finally, put the ingredient mix on the toasted baguette and you're good to go! It's an easy, affordable, and healthy snack for you, your friends and your family.

But don't limit yourself. If you don't like onions or tomatoes, you can put your creativity to work and make many other healthy types of *bruschettas*! You can use ingredients such as mushrooms, shrimp, chicken, carrots and many more!

Bruschettas are one of many examples that demonstrate that eating healthy can be fun, and most of all, delicious!

Source: Archivo editorial.



Actividad de ejercitación.

- 3.** Read the text on pages 38 and 39. Write the correct version of the sentences below **in your notebook**.
- a. Because of its strong taste, it's better to be very careful when you're adding *onion* / *garlic*.
 - b. Put some *olive oil* / *lemon* on one of the sides of the baguette bread before toasting it.
 - c. If you're looking to add some extra flavor to your preparation, you can put some *avocado* / *garlic cloves* on it.
- 4.** Write the parts of the recipe below in order **in your notebook**. Use the connectors *first*, *second*, *next* and *finally*.
- a. Put the bread in an oven or toaster.
 - b. If you want to, put some avocado on the bread.
 - c. Start preparing the ingredient mix.
 - d. Ask an adult to help you.
 - e. Put the ingredient mix on the toasted bread and serve.

Actividad de ejercitación.

II.- Utiliza el siguiente vocabulario en caso de ser necesario para poder comprender y facilitar la lectura del texto 'Healthy and Delicious'.

Vocabulary

Healthy: saludable Everybody: todos Brand-new: nuevo (a) Coming up: acercándose Soon: pronto Want: querer Maybe: quizás, tal vez Even: aún Better: mejor Enjoy: disfrutar First: primero Eaten: comido Beginning: al principio Meal: comida Main: principal Made: hecho Bread: pan Garlic: ajo Oil: aceite Healthier: más saludable Garlic clove: diente de ajo. Basil: albahaca	Onions: cebollas Avocadoes: paltas Let's start: comencemos Mix: Mezcla Top: encima, sobre Ask: pedir Chop: cortar, picar Be in charge of: estar a cargo de Squeeze: estrujar Add: añadir, agregar Be careful: sea cuidadoso (a)! Powerful: poderoso, potente Once: una vez Slice: rebanada Lightly: ligeramente, suavemente Oven: horno Flavor: sabor Affordable: económico, a buen precio. Mushrooms: champiñones Shrimp: camarones Carrots: zanahorias
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