

INSTITUCION EDUCATIVA LA POPA
GUIA DE RECUPERACION INGLÉS SEGUNDO PERIODO
GRADO SEPTIMO



GUIA DE ESTUDIO SEGUNDO PERIODO
INGLÉS: READING & WRITING
Teacher: DIEGO FERNANDO ÁLVAREZ
GRADO SÉPTIMO

Plan de recuperación de inglés segundo periodo

Objetivo:

- Proporcionar a los estudiantes un mecanismo para que puedan recuperar o nivelar las asignaturas pendientes en cada uno de los periodos.

Para este fin, en el área de inglés, el estudiante deberá seguir el siguiente plan de recuperación:


1. Estudiar la presente guía, realizando las actividades de repaso que aquí se proponen. Valor: 30%
2. Presentar una sustentación oral de la guía en las fechas que la institución estipule. Valor: 20%
3. Presentar un examen escrito donde se evaluarán los contenidos de esta guía. Valor: 50%

De esta forma los criterios de recuperación quedan de la siguiente manera:

Criterio	Valor
Guía de estudio y cuaderno al día	30%
Sustentación oral	20%
Examen escrito	50%

Nota: Recordar que en ningún caso la nota de recuperación podrá ser mayor a 3.0.

In Context » Healthy Eating

1.  **Read»** Read the poster for a campaign to encourage teenagers to live healthy lives. Match the headings (1-3) with the examples (a-c).

How to Be a Healthy Teen

Here are some tips that can help you to grow into a healthy adult.

1. Keep active and take a break 2. Good personal hygiene 3. Eat healthy food

a. Eat a balanced diet that includes fruit and vegetables. Avoid sugars and starches. Cut out fast foods. Drink lots of water.

b. Develop the habit of doing physical activities you enjoy: e.g. running, swimming, or riding a bike. Get enough sleep: your body needs eight hours of sleep a night.

c. Have a shower every day. Wash your hair regularly. Brush your teeth twice a day. Keep your nails short: fingers and toes!






2.  **Write»** Work with a partner. Complete the chart (1-9) with the tips in exercise 1.


Diet	Rest	Exercise	Healthy habits & routines
<i>eat fruit and vegetables</i>	4...	<i>running</i>	<i>have a shower every day</i>
1...		5...	7...
2...		6...	8...
3...			9...






Study Tip

Take regular breaks when you are studying, for example, go for a short walk. This will improve your concentration and help you to focus.

3.  **Write»** Answer the questions.

1. Do you have a shower every day? *Yes, I do. / No, I don't.*
2. Does your best friend get enough sleep? *Yes, he (she) does. / No, he (she) doesn't.*
3. Does your teacher drink lots of water?
4. Do your classmates eat a balanced diet?
5. Do you wash your hair regularly?
6. Does your partner keep his/her nails short?

6.  Read » Read the chart and match the nutrients (1-5) with the types of food (a-e).

	Nutrient	Types of Food
	1. Protein: Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
	2. Vitamins and minerals: Eat four to five portions every day.	b. bread, starches (potatoes, rice, pasta), sweets
	3. Fibre: Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
	4. Carbohydrates: Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
	5. Fats: Eat one portion every day.	e. cereals and whole grain

Read and answer:

“Tom eats fruit and vegetables every day. He avoids fast food and drinks a lot of water. He gets eight hours of sleep and exercises regularly. Tom always has a shower after exercise. He brushes his teeth twice a day and keeps his nails clean.”

18. What does Tom eat every day?
 A. Sweets B. Fast food C. Fruit and vegetables D. Snacks
 19. What does Tom avoid?
 A. Fruit B. Fast food C. Sleep D. Water
 20. How many hours of sleep does he get?
 A. Six B. Seven C. Eight D. Nine
 21. When does Tom have a shower?
 A. Before breakfast B. After exercise C. Before bed D. At school
 22. How often does he brush his teeth?
 A. Once B. Twice a day C. Never D. Every weekend
 23. What does he do to keep his nails healthy?
 A. Paints them B. Cuts and cleans them C. Uses deodorant D. Washes his hair
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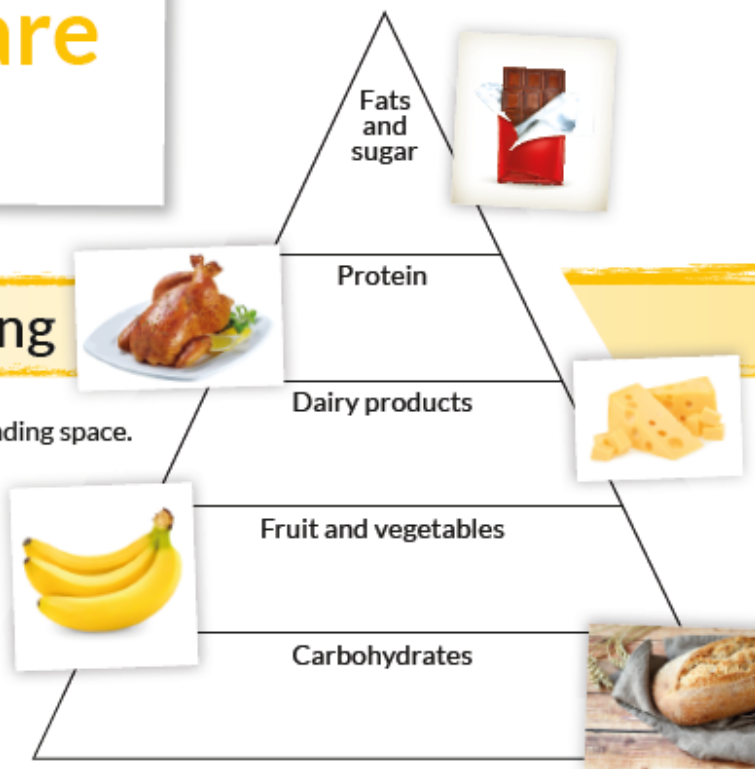
Unit »2

I Can Take Care of My Body

Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

apples bananas beans bread
broccoli carrots cheese chicken
eggs fish meat milk oil onions
oranges pasta potatoes rice
spinach sweets yogurt



2. Read the text and answer the questions.

The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

1. Can you reduce illnesses eating fruit and vegetables? Yes, you can.
2. Can carbohydrates help your digestion? _____.
3. Does calcium help to produce strong bones and teeth? _____.
4. Is iron bad for your brain? _____.
5. Are all oils bad for your body? _____.
6. Are sweets good for your health? _____.

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1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- | | |
|--------------------------|------------------------------|
| 1. Cleaning the house | A. makes you ill. |
| 2. Doing exercise | B. prevents allergies. |
| 3. Eating unhealthy food | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise _____.
- Eating unhealthy food _____.
- Being outdoors _____.
- Being indoors _____.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete baseball basketball cycling football swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You _____.
- I can jump very high. _____.
- I can't be underwater. _____.
- I can throw the ball very far. _____.
- I can't control the ball with my feet. _____.

4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
	<i>sing</i>

- I can't sing well, but I want to take singing lessons.
- I can _____.
- I can't _____.
- I _____.
- _____.
- _____.

1. Use the photos to answer the questions.



1. What do you use to brush your teeth? I use a toothbrush and toothpaste.
2. What do you use to wash your hair? _____
3. What do you use to brush your hair? _____
4. What do you use to smell nice? _____
5. What do you use to cut your nails? _____



2. Complete the survey about you. Write full sentences.

How often do you ...	Write full sentences using <i>always, often, sometimes, or never</i>
have a shower?	
brush your teeth?	
wash your hair?	
brush your hair?	
cut your nails?	
use deodorant?	

3. Read about Santiago's hygiene routine. Complete the paragraph with the correct form of the verbs.

Lifestyle

Santiago ¹ lives (live) in a very hot city. For this reason, he ² _____ (have) a shower twice a day (sometimes three times in a day when it is very hot): in the morning before school and when he ³ _____ (arrive) home. Sometimes he ⁴ _____ (have) a shower before going to bed. He also ⁵ _____ (wash) his hair every day because of the temperature. He only ⁶ _____ (brush) his teeth twice a day because he can't do it at school. In hot weather nails grow faster, so he ⁷ _____ (cut) his nails twice a week. So, as you can see, routines can be different for many people!