



GUIA DE ESTUDIO TERCER PERIODO

INGLÉS: READING & WRITING

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GRADO NOVENO

Plan de recuperación de inglés tercer 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.

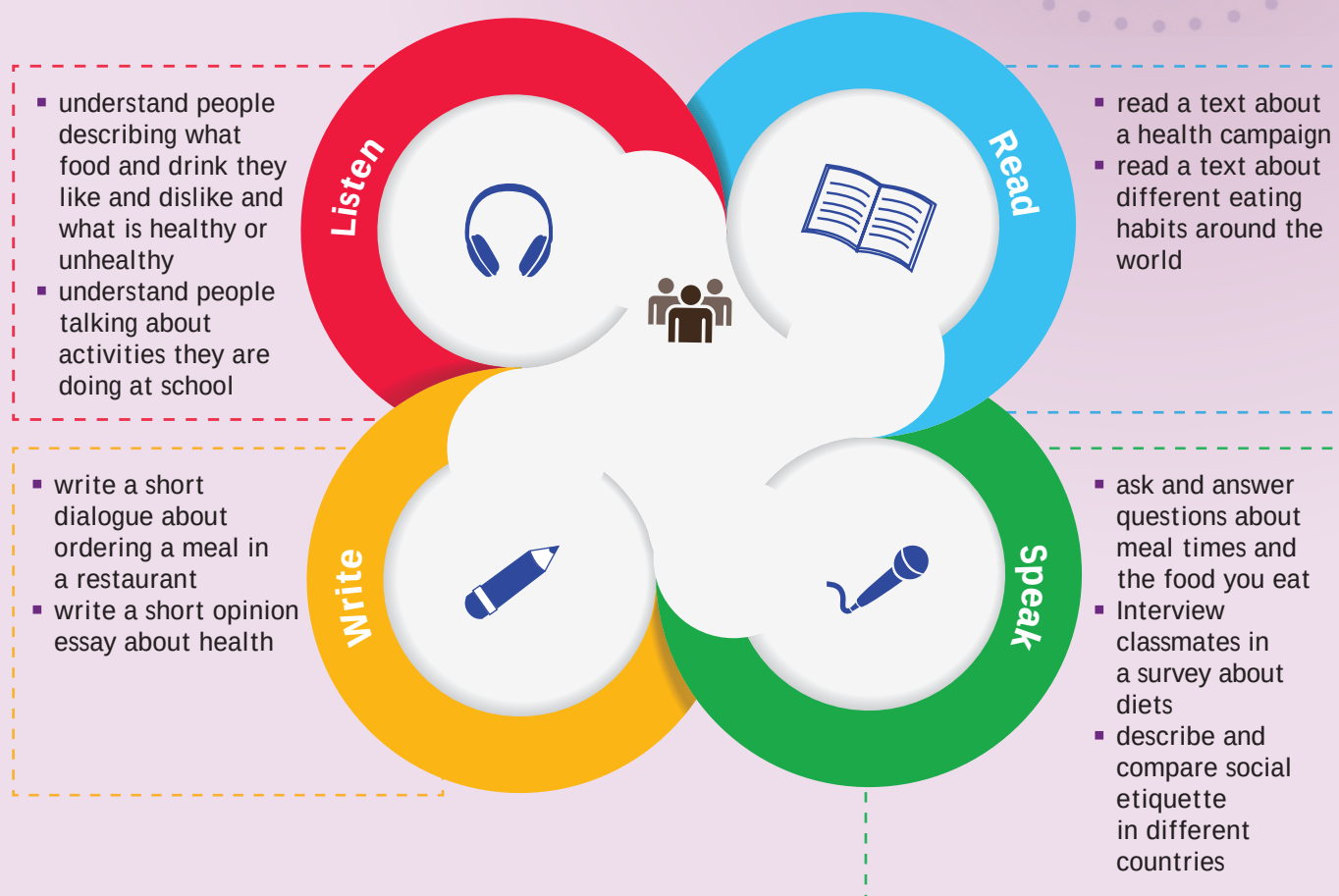
How we live



In this module you will ...

- learn about different food and eating habits around the world in
Unit 1 What we eat
- identify healthy lifestyles and ways to look after the environment in
Unit 2 Take good care
- compare sports and leisure time around the world in
Unit 3 Time for fun

You will also ...



Let's work together

Healthy lifestyles

You will work together as a team to create a leaflet about healthy lifestyles.

This project will practise the following skills:

- linguistic communication** - you will need to select the most important messages and communicate them effectively and succinctly
- citizenship** - you will need to encourage readers to help themselves and help the environment to make the world better for all
- creativity** - you need to be creative to produce an interesting and attractive leaflet

As part of the learning process, it's important to complete the self-assessment at the end of the module.

When you look at the work of your classmates or watch their presentations, think about what went well and if you could use the same idea in another presentation.

Focus on vocabulary

Get Ready!

1. Copy the chart in your notebook and write the food you like on the left and the food you don't like on the right.

apples bananas bread carrots cheese chicken coffee eggs fish
garlic grapes lemons onions orange juice potatoes rice

I like ...	I don't like ...
<i>apples</i>	<i>bananas</i>



Listen



2. Say it!

Listen and repeat.

Plural words that end in 's' are pronounced in two ways:
books /s/ pens /z/



3. Plural words that end in *s* are pronounced /s/ or /z/. Listen and tick (✓) the last sound.

	/s/	/z/
apples		
bananas		
carrots		
eggs		
grapes		
lemons		
onions		
potatoes		



Speak

4. Now tell your classmates about your likes and dislikes.

Example: *I like apples, but I don't like bananas.*

5. What time do you have these meals? What do you eat?

- a. I have breakfast at _____ in the morning. I eat _____ .
b. I have lunch at _____ in the afternoon. I eat _____ .
c. I have dinner at _____ in the evening. I eat _____ .

Focus on language

6. Read the *Useful language* box. Then look at the pictures and write C for Countable and U for Uncountable.



a. ____ fruit



b. ____ apple



c. ____ milk



d. ____ carrot



e. ____ rice



f. ____ beans



g. ____ water



h. ____ meat



i. ____ mango

Useful language

Food words are countable or uncountable. Countable nouns refer to words you **can** count. They can be singular or plural. Uncountable nouns refer to words you **can't** count. They are always singular.



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7. Listen to Matt and Kelly talking about food and drink. Write *M* for Matt and *K* for Kelly.

Who ...

- a. doesn't like bread? _____
b. prefers juice to coffee? _____
c. always has a big breakfast? _____
d. buys an apple for a snack? _____

- e. has fish for lunch? _____
f. thinks vegetables are good for you? _____
g. doesn't like chicken? _____
h. loves chocolate? _____



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8. Listen again and write what they eat for each meal.

	Matt	Kelly
Breakfast		
Snack		
Lunch		

9. In your notebook, write what you usually have for each meal.



Read

10. Read the text and match the dishes to the pictures. There is one dish with no picture. What is it?

Glossary

avocado = aguacate
 herbs = hierbas/especies
 pineapple = piña
 soup = sopa
 strawberries = fresas
 stuffed = relleno

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.



11. Are the statements true (T) or false (F)?

- a. Cholao has fruit and vegetables. _____
 b. Lechona is a traditional dish from Boyacá. _____
 c. Cheese, rice and egg are some of the ingredients of Ajiaco. _____
 d. Ajiaco is a soup. _____

12. Complete the descriptions about each dish.

Name: Cholao
Place: Valle del Cauca
Ingredients:
 strawberries, bananas,
 pineapple, mango,
 and other fruit. You
 have it with ice and
 condensed milk

Name:
Place:
Ingredients:

Name:
Place:
Ingredients:

Name:
Place:
Ingredients:

Focus on language

13. Look at the chart. Write sentences to describe what is in the fridge.

Countable		Uncountable
Singular	Plural	
<i>There is a(n)</i>	<i>There are some</i>	<i>There is some</i>
<i>There isn't a</i>	<i>There aren't any</i>	<i>There isn't any</i>



14. In your notebook, complete the sentences using **a**, **an**, **some**, **any**.

- Mark eats _____ banana every day.
- I don't want _____ chicken for lunch, please.
- Mum eats _____ apple every morning.
- We often have _____ rice for dinner.
- Every morning I drink _____ water.
- I have _____ egg or _____ sandwich for breakfast.

Speak

15. Read the dialogue. Then practise similar dialogues with a classmate. Talk about breakfast, lunch and dinner.



Write

16. Write about a typical Colombian dish and a dish from another country. Make sure to include:

Origin:
Ingredients:
Why you like it:

Writing Tip

- ✓ Begin your sentence with a capital letter.
- ✓ End your sentences with a full stop (.)
- ✓ Use a comma (,) for a list of three or more items:
I like grapes, bananas and strawberries.

Focus on vocabulary

Get Ready!

1. Look at the diagram of the food groups and complete the information about why food is important for your body.



- a. _____ (e.g. bananas and apples): They give your body fibre, vitamins and antioxidants.
 b. _____ (e.g. carrots and broccoli): They give your body vitamins, minerals and fibre.
 c. _____ (e.g. soya milk and yoghurt): They provide calcium.
 d. _____ (e.g. rice or pasta): They give you energy, and help the body grow and work correctly.
 e. _____ (e.g. chicken or fish): These help your body to build and repair tissues.
 f. _____ (e.g. chocolate or butter): These provide lots of energy for your body.

Glossary

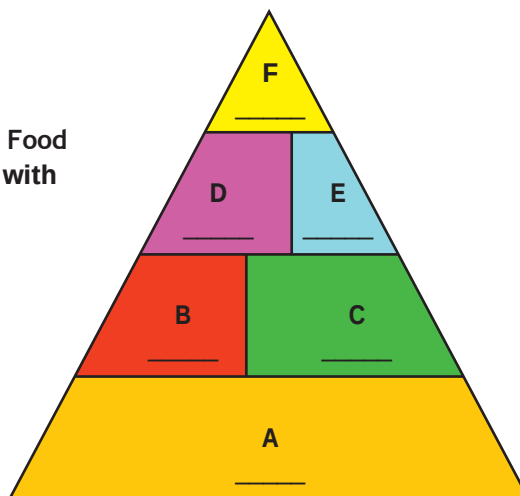
build = construir
 fibre = fibra
 tissues = tejidos

Listen

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2. Listen to the information about the Food Pyramid and complete the diagram with the food groups 1-6.

1. fruit
2. vegetables
3. proteins
4. grains
5. dairy
6. fats and sugars



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3. Write the words in the correct food group. Then listen to the person talking about the Food Pyramid and check your answers.

beef bread broccoli carrots cereal cheese chicken eggs fish lettuce melon
 oranges pasta peas pineapples soya milk spinach strawberries yoghurt

Fruits	Vegetables	Protein	Dairy	Grains

 Read

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

- a. How much sugar do you need every day? c. How much water do you need every day?
b. How many meals do you need every day? d. How much fruit do you need every day?

What is a healthy diet?

(1) _____

Doctors say we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.

(2) _____

Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organised by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.

(3) _____

People have different opinions about how much is required. Some people drink just one glass with their meal, others drink six glasses throughout the day, and other people drink it all day long. The truth is that we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.

(4) _____

You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

5. Read the text again and choose the correct option.

- How many meals do you need to have a day?
A. Six small meals
B. Six big meals
C. Three big meals
- How much fruit do you need to have a day?
A. None (zero)
B. One to three portions
C. Three to five portions
- How much water do you need?
A. One glass
B. One litre
C. 10 glasses

4. How much sugar do you need?

- A. Your body doesn't need sugar.
B. Your body needs small quantities.
C. Your body needs big quantities.

6. Find these words in the text and match them to the definitions.

doctors glass natural supermarket

- a. a place to buy food and other products
b. a container of liquids
c. not artificial
d. professionals who are trained to treat ill people

Focus on language

7. Read the *Useful language* box. Complete the food questionnaire with the correct question: *How much* or *How many*. Then answer the questions in your notebook.

Useful language

Countables

Use *How many* to ask for quantities of countable nouns.
How many apples do you need?

Uncountables

Use *How much* to ask for quantities of uncountable nouns.
How much water do you drink?



8. Say it!

Listen and repeat.

When speaking quickly two words often join together to form one sound. For example, the words *do* and *you* often appear together in questions:
do + you = /dju/
How much fruit do you eat?
How many meals do you have a day?

Food questionnaire

- _____ fruit do you eat a day?
 A. Three or more pieces of fruit
 B. One or two pieces of fruit
 C. I don't eat fruit
- _____ portions of vegetables do you eat a day?
 A. Three or more
 B. One or two
 C. I don't eat vegetables
- _____ water do you drink a day?
 A. One big bottle
 B. One glass
 C. One small bottle
- _____ fizzy drinks do you drink a day?
 A. I don't drink fizzy drinks
 B. One glass
 C. One big bottle
- _____ dairy products do you have a day?
 A. Three or more
 B. One or two
 C. zero

Mostly **A**: Great job!! You take care of your eating habits.
 Mostly **B**: Good job! But sometimes you don't eat well.
 Mostly **C**: Be careful. Your eating habits aren't good for your health.

Speak

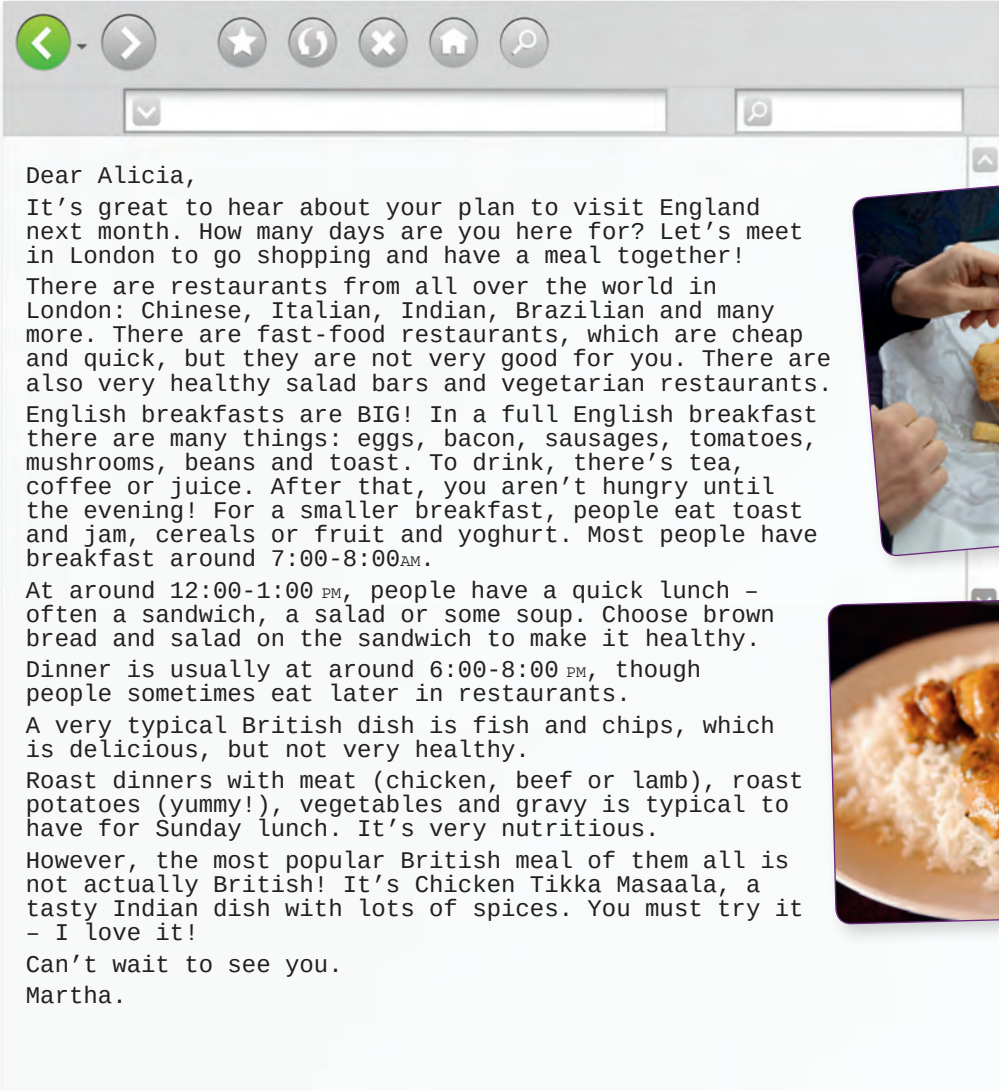
9. Choose two food groups and ask your classmates questions to find out about their eating habits. Use *How much* and *How many*.

Example: How much meat do you eat every week?
I eat meat three times a week.
How much fruit do you eat a day?
I eat two portions of fruit every day.



Write

10. Read the text and answer the questions a-e.



Dear Alicia,

It's great to hear about your plan to visit England next month. How many days are you here for? Let's meet in London to go shopping and have a meal together!

There are restaurants from all over the world in London: Chinese, Italian, Indian, Brazilian and many more. There are fast-food restaurants, which are cheap and quick, but they are not very good for you. There are also very healthy salad bars and vegetarian restaurants.

English breakfasts are BIG! In a full English breakfast there are many things: eggs, bacon, sausages, tomatoes, mushrooms, beans and toast. To drink, there's tea, coffee or juice. After that, you aren't hungry until the evening! For a smaller breakfast, people eat toast and jam, cereals or fruit and yoghurt. Most people have breakfast around 7:00-8:00^{AM}.

At around 12:00-1:00^{PM}, people have a quick lunch - often a sandwich, a salad or some soup. Choose brown bread and salad on the sandwich to make it healthy.

Dinner is usually at around 6:00-8:00^{PM}, though people sometimes eat later in restaurants.

A very typical British dish is fish and chips, which is delicious, but not very healthy.

Roast dinners with meat (chicken, beef or lamb), roast potatoes (yummy!), vegetables and gravy is typical to have for Sunday lunch. It's very nutritious.

However, the most popular British meal of them all is not actually British! It's Chicken Tikka Masaala, a tasty Indian dish with lots of spices. You must try it - I love it!

Can't wait to see you.

Martha.



- What time do people eat their meals in the UK?
- What do people eat for breakfast, lunch and dinner?
- What healthy / unhealthy food is mentioned?
- Find two ways of saying 'tastes good'.
- Find the different ways of saying if something is healthy / unhealthy.

11. Read the task and write your email. Use the text in exercise 10 to help you.

Your penfriend wants to know about food in Colombia for her/his trip next month. Write an email telling her/him about meals in Colombia. Write about:

- what type of restaurants there are
- what she/he can eat for breakfast, lunch and dinner
- which dishes are healthy / unhealthy
- recommend some traditional dishes.

Focus on vocabulary

Get Ready!

1. Match the words in the box to the pictures 1-9.

burger and chips chicken and rice fish lasagne green salad
 pizza spaghetti bolognese roast beef roast chicken

1



2



3



4



5



6



7



8



9



3. Ask and answer these questions with a partner.

Which dishes do you eat regularly?

I eat ... regularly?

Which dishes do you only eat at the weekend?

I eat ... at the weekend.

Listen



4. Listen to what Colin eats every day, then match the food to the correct day.

- | | |
|-------------------------|------------------------------------|
| a. On Sunday he eats | 1. fish and chips. |
| b. On Monday he eats | 2. roast chicken. |
| c. On Tuesday he eats | 3. sausage and mash. |
| d. On Wednesday he eats | 4. ham and salami. |
| e. On Thursday he eats | 5. spaghetti bolognese or lasagne. |
| f. On Friday he eats | 6. green salad and roast beef. |
| g. On Saturday he eats | 7. mixed grill. |



2. Say it!

Read the information. Then listen and repeat.

When two words are joined together with the word *and* the pronunciation of this conjunction is often shortened to an /n/ sound.

Chicken and rice (chicken 'n' rice)

Burger and chips (burger 'n' chips)

Listening Tip

✓ Check the correct pronunciation of key words from the task. It will make it easier for you to identify them in the listening.

 Speak

5. Ask and answer questions with two classmates about what you eat during the week.

What do you eat on Mondays?
On Mondays, I eat burgers and chips.

 Read

6. Read the texts about Jeff, Ellen and Ward, and answer the questions a-e.

Jeff Peterson

I'm a college student. College is very expensive, so at the weekends, I work in an 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 crisps, 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 from 8:00 AM to 8:00 PM. My working day is very long. I don't usually have time for breakfast 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 little pasta for lunch at my desk and for dinner I have a main meal, like fish or chicken and rice. Before I go to bed, I have a glass of milk and some biscuits.

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 7:00 PM, I stop working and I have a cup of tea and some crackers and cheese for dinner.

Glossary

a slice = un pedazo
 expensive = caro
 I'm hungry. = Tengo hambre.
 I'm thirsty. = Tengo sed.
 main meal = comida principal

- a. Who has a few potatoes for lunch?
 b. Who eats a lot of fruit?
 c. Who doesn't eat breakfast?
 d. Who eats a lot of crisps?
 e. Who drinks a lot water?
7. Read the texts again and answer the questions.
- a. What are Jeff's favourite meals?
 b. What does Ellen have for dinner?
 c. What does Ward have for lunch?

