

DOCENTE:	JESSICA VILLARREAL SUAREZ	CURSOS:	801-802-803-804	TRABAJO SEMANA:	IX	
FECHA DE ENTREGA:	06 – 08 – 2021	TRIMESTRE:	II	ASIGNATURA	INGLÉS	ÁREA: HUMANIDADES
NOMBRE DEL ESTUDIANTE:					CURSO:	

### TALLER APRENDE EN CASA No. 9

A continuación, encontrarás las actividades correspondientes a la semana No. 9 que realizarás en casa.

- Necesitarás los siguientes recursos:
  - Tu cuaderno de inglés.
  - Diccionario (inglés-español/español-inglés).
  - Lápiz, borrador, tajalápiz, colores, marcadores.
  - Acceso a internet.
- Este trabajo deberá realizarse y entregarse en las **FECHAS ESTABLECIDAS** en un solo correo con las actividades completas **NO** por partes. Si llega a tener inconvenientes por favor, comuníquese conmigo. **RECUERDEN:** No deben copiar los puntos en cuaderno, solo las respuestas. Una vez completado este taller, deberás enviarlo al correo [jessica.villareal@iedtecnicointernacional.edu.co](mailto:jessica.villareal@iedtecnicointernacional.edu.co)
- Una vez leído los términos del punto 2, puedes iniciar el desarrollo de la siguiente actividad. Recuerda que este taller se desarrolla teniendo en cuenta lo que hemos visto en clase en las semanas anteriores. En clase podremos aclarar dudas.

**Lesson 3 » Let's Get Balanced**

How it all started  
Losing control  
New experiences  
Steps to recovery

1. Read Viviana's story about her eating disorder. Complete the paragraphs with the headings in the box.

**How It All Started**  
I remember my first diet: I was 12 years old. I wasn't obese, but I thought I was. I wanted to be like the thin celebrities in the magazines. In one week I lost 3 kilograms, but my parents got angry, so I started to eat again. This made me

diating. It felt like the course was designed for me! The idea of not dieting was really scary. I always thought, "If I don't diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese". The course helped me understand that this isn't correct. So, I found a therapist

**REMEMBER:** This activity must be developed in **ENGLISH**.

**#MeCuidoTeCuido #YoMeQuedoEnCasa**



## Lesson 3 » Let's Get Balanced

How it all started  
Losing control  
New experiences  
Steps to recovery

1. Read Viviana's story about her eating disorder. Complete the paragraphs with the headings in the box.

### <sup>1</sup> How It All Started

I remember my first diet; I was 12 years old. I wasn't obese, but I thought I was. I wanted to be like the thin celebrities in the magazines. In one week I lost 3 kilograms, but my parents got angry, so I started to eat again. This made me feel really guilty.

That's how it began. I was on and off a diet all the time. When I wasn't dieting I felt guilty because I would binge-eat. But, soon I found the answer: vomiting! In front of family and friends I would eat so much food that it was uncomfortable, then I would quietly go to the toilet and vomit.

<sup>2</sup> \_\_\_\_\_

At first I felt happy. "I have found the answer!" I thought. No one suspected that I was dieting. But soon it was out of control. I started to feel very lonely and I became more and more unsociable. The depression was confusing. To feel better I started to binge-eat more and then vomit more; it was a horrible cycle of binge-eating, vomiting, feeling guilty and then depressed, over and over again.

<sup>3</sup> \_\_\_\_\_

This was my life for nearly 15 years. When I was 27 I took the first step towards recovery. I attended a course that talked about the psychological and physical effects of

dieting. It felt like the course was designed for me! The idea of not dieting was really scary. I always thought, "If I don't diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese". The course helped me understand that this isn't correct. So, I found a therapist who helped me work on my self-esteem. I learned to be nicer to myself and discovered that binge-eating allowed me to avoid confronting uncomfortable emotions. I also attended group therapy which was wonderful. It was really helpful to talk with other people who had similar experiences to mine.

<sup>4</sup> \_\_\_\_\_

Today I love eating, and I don't feel guilty. I enjoy the flavours and social interaction of eating in restaurants and cooking for friends and family. I am lucky to have recovered from this disease. It wouldn't have been possible without the help and support that I received from family, friends and therapists.



### Glossary

guilty: feeling you have done something wrong

lonely: feeling sad from not being with other people

self-esteem: feeling of respect for yourself

2. Read the article again and answer the questions. Write full sentences.

1. Why did Viviana start dieting at age 12?

*Viviana started dieting when she was 12 because she thought she was obese.*

2. What did Viviana do to feel better when she felt depressed?

3. How long did Viviana suffer from Bulimia?

4. What did Viviana think would happen if she didn't diet?

5. What did Viviana think was helpful about group therapy?

# Unit »2

## Healthy Food Choices

### Lesson 1 » Nutrition and Health

1. Look at the picture of the Colombian dish, Bandeja Paisa. Which ingredients can you see?

avocado beans corn cake egg minced meat plantain pork rind rice sausage

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Order the ingredients of the Bandeja Paisa into the five food groups. Which group isn't included?

Grains	Fruit and vegetables	Meats and eggs	Fats and sugary food	Dairy products
<u>Corn cake</u>				

3. Complete the advice with a food group from exercise 2.

1. Drink dairy products to get calcium.
  2. Eat \_\_\_\_\_ to obtain vitamins and minerals.
  3. Don't consume lots of \_\_\_\_\_ if you want to be healthy.
  4. Consume \_\_\_\_\_ to get protein.
  5. Have \_\_\_\_\_ for breakfast to increase your fibre intake.
4. Unscramble the words in brackets to complete the nutritional recommendations.
1. Keep your bones (sebon) strong with calcium.
  2. Help your i\_\_\_\_\_ (sintineste) work properly by eating fibre.
  3. Develop strong m\_\_\_\_\_ (scumels) by digesting protein.
  4. Get soft s\_\_\_\_\_ (niks) by absorbing vitamins and minerals.