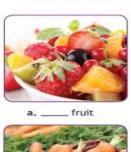


# COLEGIO INSTITUTO TÉCNICO INTERNACIONAL IED P.E.I. EDUCACIÓN EN TECNOLOGÍA Y SU INFLUENCIA EN LA CALIDAD DE VIDA



TEACHER	(miryam.s	*Luz Myriam Saavedra (miryam.saavedra@iedtecnic ointernacional.edu.co)		LEVEL:	9 <sup>th</sup>		WEEK:		1			
DE	ADLINE:	<b>DLINE:</b> 08-06-2021 <b>T</b>		RIMESTER:	II	SUBJECT:	INGLÉS	ÉS <b>AREA:</b> HUMANID.				
TOPICS:	TOPICS: Healthy lifestyles/ countable - uncountable				SKILLS: Speaking, reading and writing							
ST	STUDENT'S NAME:							СО	<b>URSE:</b> 9			
			"APRI	ENDE EN CAS	SA" W	ORKSHOP No	. 8					
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 dor	n't like					
		apples				bo	ananas		7			
Now to	Now tell your classmates about your likes and dislikes.											
	Example: I like apples, but I don't like bananas.											
What	What time do you have these meals? What do you eat?											
a. I ha	a. I have breakfast at in the morning. I eat											
b. I ha	ve lunch at		in the	afternoon.	I ea	t						
	c. I have dinner at in the evening. I eat											

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







F

Useful language

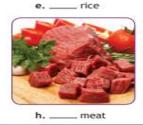
Food words are countable or uncountable Countable nouns refer to words you can count. They can be singular or plural Uncountable nouns refer to words you can't count. They are always singular













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

Cou	Hacquetable				
Singular	Plural	Uncountable			
There is a(n)	There are some	There is some			
There isn't a	There aren't any	There isn't any			

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

- a. Mark eats \_\_\_\_\_ banana every day.
- b. I don't want \_\_\_\_\_ chicken for lunch, please.
- c. Mum eats \_\_\_\_\_ apple every morning.
- d. We often have \_\_\_\_\_ rice for dinner.
- e. Every morning I drink \_\_\_\_\_ water.
- f. I have \_\_\_\_\_ egg or \_\_\_\_ sandwich for breakfast.







#### **READING**

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

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

# What is a healthy diet?

(1)

<u>Doctors</u> 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 <u>supermarket</u>. 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.

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.

(3) \_\_

(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 <u>natural</u> 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.

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
- 3. 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.
- Find these words in the text and match them to the definitions.

•	_	-		-	_	-	-	-	-	-	-	-	_	_	-	-	-	_	-	_	_	_	-	
ı.																								
ï		d	~~	to	me			20			-	++	1000	٠ı.			n	200	~	20	10			
٠.		u	UC	w	12		31	ıa:	22		Па	ıu	шс	11	- 1	su	h٤	211	HK	all	vc	ı.		
١.																								

- 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

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 countable 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 = /dja/
How much fruit do you eat?
How many meals do you have

## 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
- 2. \_\_\_\_\_ 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.

### **SPEAKING ACTIVITY**

Do a survey about your classmates' eating habits, Copy the table in your notebook, Change the food items if you prefer.

How often do you eat	every day	sometimes	never
rice?			
fast food?			
vegetables?			
beans?			
fruit?			
hamburgers?			

<b>IAUTOEVALUÉMON</b>	IOS!
Res	ponde las siguientes preguntas con toda sinceridad, según tu parecer:
A.	¿Qué aprendiste al realizar los ejercicios propuestos?
В.	¿De las actividades propuestas, qué se te facilitó más?
C.	¿Qué se te dificultó?
D. ¿	Consideras qué necesitas refuerzo en algún tema o en alguna actividad específica?
D. <i>8</i>	Consideras qué necesitas refuerzo en algún tema o en alguna actividad específica?