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| TEACHERS: | *Luz Myriam Saavedra (miryam.saavedra@iedtecnicointernacional.edu.co) | LEVEL: | 9 th | WEEK: | 1 | |
| DEADLINE: | 08-06-2021 | TRIMESTER: | II | SUBJECT: | INGLÉS | AREA: HUMANIDADES |

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|----------------|---|----------------|-------------------------------|
| TOPICS: | Healthy lifestyles/ countable - uncountable | SKILLS: | Speaking, reading and writing |
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| STUDENT'S NAME: | | COURSE: | 9__ |
|------------------------|--|----------------|-----|

"APRENDE EN CASA" WORKSHOP No. 8

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 ... |
|------------|------------------|
| apples | bananas |

Now tell your classmates about your likes and dislikes.

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

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

- I have breakfast at _____ in the morning. I eat _____ .
- I have lunch at _____ in the afternoon. I eat _____ .
- 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.



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.

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> |

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) _____

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.

Read the text again and choose the correct option.

1. How many meals do you need to have a day?
 - A. Six small meals
 - B. Six big meals
 - C. Three big meals
2. 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.

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

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

¡AUTOEVALUÉMONOS!

Responde las siguientes preguntas con toda sinceridad, según tu parecer:

A. ¿Qué aprendiste al realizar los ejercicios propuestos?

B. ¿De las actividades propuestas, qué se te facilitó más?

C. ¿Qué se te dificultó?

D. ¿Consideras que necesitas refuerzo en algún tema o en alguna actividad específica?
