

SESIÓN N°: 15

**A BALANCED DIET\***

**Competences:**

Read different types of texts written in English as a foreign language.

Write various types of texts written in English as a foreign language.



*Good morning students, how are you?*

*Today, we are going to work with the platform "I learn at home".*

(Hoy, vamos a trabajar con la plataforma "Aprendo en casa").

**For this we will carry out the following activities:**

**Activity: 1**

**My meals**

**LET'S SELF-ASSESS!**

¿Cuánto sabes comunicar sobre una dieta balanceada en inglés? Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas o incorrectas, lo importante es que seas honesta/o contigo misma/o al responder.

	Can I do it?	Not at all	Somewhat	Well	Very well
1.	Can I identify the food groups in a healthy meal in English?	😭	😓	😊	😎
2.	Can I describe healthy meals in English?	😭	😓	😊	😎
3.	Can I use adverbs of frequency in English accurately?	😭	😓	😊	😎

**LET'S OBSERVE AND READ!**

OBSERVE – **EXERCISE 1**

**Correct** the set of words with the corresponding food group. Follow the example:

**1. FRUITS**

**2. GRAINS**

**3. DAIRY**

**4. PROTEIN**

**5. VEGETABLES**

**A.** Yogurt, milk, soy milk and cheese

**B.** Rice, cereals, bread and pasta

**C.** Broccoli, carrots, pepper and lettuce

**D.** Orange, berries, pineapple and melon

**E.** Meat, fish, eggs and chicken

Choose**MyPlate**.gov

\*Información recogida y adaptada de Choose My Plate. (s. f.). MyPlate | ChooseMyPlate. Recuperado 13 de julio de 2020.

OBSERVE – **EXERCISE 2**

**Cross out** the unhealthy option (A or B). Follow the example:


	OPTION A	OPTION B
1	Eat a variety of foods from different food groups.	<del>Eat only one type of food.</del>
2	Don't eat vegetables or fruit. That's food for rabbits!	Eat plenty of fruits and vegetables.
3	Consume whole grains, nuts and fats such as olive oil.	Never consume fats. You might gain too much weight.
4	Eat as much sugar, fats and salt as you want.	Watch your intake of sugar, fats and salts.
5	It is not necessary to wash your food.	Practice good food hygiene, especially during this pandemic.
6	Drink water regularly.	Drink soda. It tastes better than water.

\*Recommendations retrieved from "Maintaining a healthy diet during COVID-19 pandemic" from FAO, 2020.

**READ\***

**Read** about Lisa's problema and her daily meals.

**My problem:** I am always tired and my stomach hurts very often. I think I need to change the way I eat.



**My daily meals!**

**Breakfast:**

- For breakfast, I usually have a glass of soda. Sometimes I eat a burger or a slice of cold pizza.
- I hardly ever eat dairy products in the morning, but sometimes I have an ice cream.

**Lunch:**


- I always eat lunch very late and I am often in a rush. I never eat proteins, I prefer cookies.

**Dinner:**

- Dinner is my favourite meal of the day. I usually eat a lot and very late. I hardly ever eat vegetables. I rather eat fries with tons of mayonnaise.

**Read** about Fernando's problema and his eating habits.

**My problem:** I gained five kilos last month and now I have really bad acne. I might need to check my diet.



**My eating habits!**

**Breakfast:**  
I hardly ever eat breakfast; I don't have time for it. When I do it, I usually drink a milkshake with whipped cream on top and a donut on my way to school.

**Lunch:**  
For lunch, I always eat fast food, especially pizza, because it is delicious. Usually, I drink soda and sometimes I get fries too.

**Dinner:**  
Dinner for me is candy time! I get cookies, lollipops and gum. Occasionally my family and I order hot dogs. When I eat hot dogs, I often add on a lot of ketchup and mayonnaise.

### LET'S UNDERSTAND!

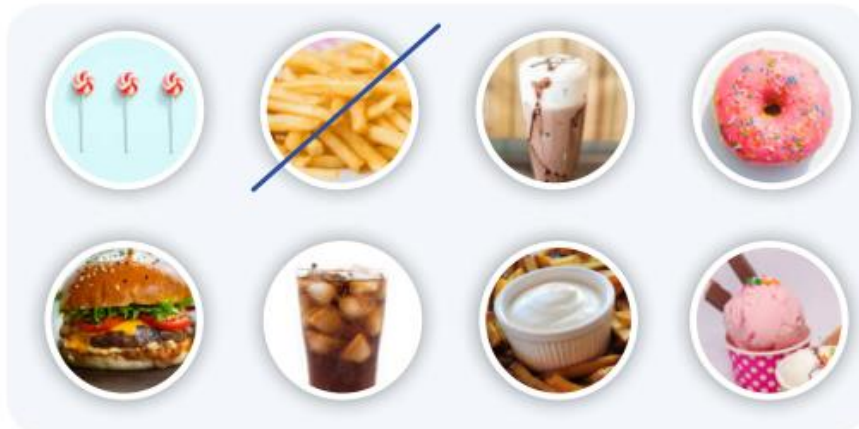
#### UNDERSTAND – **EXERCISE 1**

**Answer** the following questions about Fernando and Lisa's eating habits. Follow the example:

1. Who has bad acne?	Fernando
2. How often does Lisa eat dairy products?	Hardly ever
3. Who gets stomachaches?	
4. How often does Fernando eat fast food for lunch?	
5. Who eats hot dogs occasionally?	
6. Who likes fries with mayonnaise?	
7. Who puts whipped cream on their milkshake?	
8. How often does Lisa eat vegetables?	
9. Who gained weight?	
10. Who eats lunch late and quickly?	

UNDERSTAND – **EXERCISE 2**

**Categorize** the food items Fernando and Lisa eat for breakfast, lunch and dinner in the chart below. Some food items can go in more than one box. You can use the glossary from the guide too. Follow the example:



**FERNANDO'S MEALS**

**LISA'S MEALS**

BREAKFAST	LUNCH	DINNER
<input type="text"/>	Fries	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

BREAKFAST	LUNCH	DINNER
<input type="text"/>	<input type="text"/>	Fries
<input type="text"/>	<input type="text"/>	<input type="text"/>

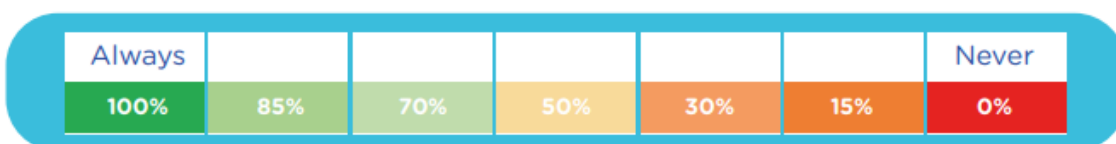
**LET'S PRACTISE!**

PRACTISE – **EXERCISE 1**

**Put** the adverbs of frequency from the box in the correct order, from the most frequent to the least frequent. Follow the example:

**HOW OFTEN DO YOU...?**

Sometimes - Often - Occasionally - ~~Never~~  
 Usually/Normally - ~~Hardly ever~~ - ~~Always~~



## PRACTISE – EXERCISE 2

**Choose** the right adverbs of frequency to make correct sentences about healthy eating. Follow the example:

1. How often do you eat Ice cream?

I **always/hardly ever** eat ice cream because I am trying to avoid eating too much sugar.

2. How often do you eat fruits?

Fruits are full of vitamins, so we **never / often** eat them at home.

3. How often does your mother eat vegetables?

My mother doesn't like vegetables, but she **sometimes / never** eats them to stay healthy.

4. How often does your sister eat superfoods?

My father **usually/hardly** ever gives my sister superfoods because she is an athlete.

5. How often does your uncle drink soda?

My uncle is diabetic, so he **never / often** drinks soda.

Adverbs of frequency normally go **before the main verb**.



What about you? Use adverbs of frequency to answer the questions about your eating habits.

1. How often do you eat vegetables?

2. How often do you eat fast food?



PRACTISE – **EXERCISE 3**

**Put** the correct name and octagon for each food item. Are they unhealthy (high in sugar, salt or fat) or are they healthy or even a superfood? Notice that there are 10 words in the box, but only 8 images.



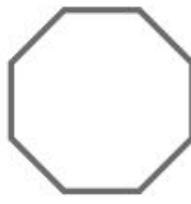
donuts - ~~apples~~ - rice - ice cream - taco - maca - burger - lucuma - pizza - grapes

1

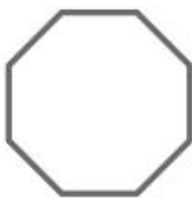
apples



5



2



6



3



7



4



8



## Activity: 2

### DO IT YOURSELF! – D.I.Y.

#### LET'S CREATE!

Create your own healthy daily meal plan or menu. What would you recommend Fernando and Lisa eat for a healthy breakfast, lunch and dinner?

Use Fernando and Lisa's meal descriptions as an example. Add pictures to demonstrate that healthy meals can also be delicious!

About your meal plan:

A. You can do it on a piece of paper, using a pen, colour pencils, pictures, glue, etc.

B. You can do it on a computer, using Microsoft Word, Power Point or any other app of your choice.

#### What should I take into consideration to write this meal plan?

Your project should meet the following criteria



Meal plan	Yes	No
1. The meal plan describes a healthy breakfast, lunch and dinner in English.		
2. The meal plan presents food from the five food groups presented.		
3. The meal plan has images that make the menu attractive and help us understand the information better.		
4. The meal plan has between 40 and 60 words in English.		
5. The meal plan contains adverbs of frequency in English used correctly.		

#### \*Recommendation:

**Write** a first draft of your meal plan and check that it meets the criteria above.

#### LET'S SHARE!













Muéstrales tu idea a tus padres, hermanas o hermanos, a quienes tengas en casa o a tu profesora o profesor, si están en contacto, y explícales las cinco características que tu dieta debe tener. Toma nota de los aportes y mejora tu idea para hacer tu texto en inglés.

#### YOU CAN!!!



## LET'S REFLECT!

¿Cuánto has aprendido esta semana? ¿Qué te comentaron sobre la dieta en inglés que creaste? ¿Qué opinas tú? Dale un visto bueno a una de las cuatro opciones. Selecciona la opción que mejor exprese lo que puedes hacer ahora que culminaste las dos actividades de la semana.

	Can I do it?	Not at all	Somewhat	Well	Very well
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**ORGANIZE YOUR ENGLISH PORTFOLIO OR YOUR ENGLISH NOTEBOOK.**