



# INSTITUCIÓN EDUCATIVA LENINGRADO

Resol. No.2285 de mayo 02 de 2011 Jornada Diurna

Resol. No. 3212 de Julio 01 de 2011 Jornada Nocturna

NIT 816.002.832-0 DANE 166001002886



TALLER No

Oct-nov

**NOMBRE DEL TALLER:** I Can Take Care of my Body

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 7o
- **FECHA:** Oct-nov 2024

## FASE DE PLANEACIÓN O PREPARACIÓN

### COMPETENCIA:

Give and ask for information about free-time activities.

- Talk about likes, hobbies and interests.
- Talk about future plans.

### EVIDENCIA DE APRENDIZAJE:

I can describe personal care habits and routines: diet (food) and physical activity.

» I can express abilities and possibilities..

## FASE DE EJECUCIÓN O DESARROLLO

**INSTRUCCIONES:** I can discuss natural resources and their uses.

### TEORÍA

**Activiti 1:** Read the poster for a campaign to encourage teenagers to live healthy lives. Match the headings (1–3) with the examples (a–c).

## How to Be a Healthy Teen

Here are some tips that can help you to grow into a healthy adult.

**1. Keep active and take a break    2. Good personal hygiene    3. Eat healthy food**






- a. Eat a balanced diet that includes fruit and vegetables. Avoid sugars and starches. Cut out fast foods. Drink lots of water.
- b. Develop the habit of doing physical activities you enjoy: e.g. running, swimming, or riding a bike. Get enough sleep: your body needs eight hours of sleep a night.
- c. Have a shower every day. Wash your hair regularly. Brush your teeth twice a day. Keep your nails short: fingers and toes!









**Activiti 2:** Complete the chart (1–9) with the tips in exercise 1.

Diet	Rest	Exercise	Healthy habits & routines
<i>eat fruit and vegetables</i>	4...	<i>running</i>	<i>have a shower every day</i>
1 ...		5 ...	7 ...
2 ...		6 ...	8 ...
3 ...			9 ...

**Activiti 3:** Read the chart and match the nutrients (1–5) with the types of food (a–e).

	Nutrient	Types of Food
	1. <b>Protein:</b> Eat two to three portions every day.	a. fruit, vegetables, dairy products (milk, yoghurt, cheese), dried beans
	2. <b>Vitamins and minerals:</b> Eat four to five portions every day.	b. bread, starches (potatoes, rice, pasta), sweets
	3. <b>Fibre:</b> Eat four portions every day.	c. meat, chicken, fish, eggs, dried beans, dairy products and nuts
	4. <b>Carbohydrates:</b> Eat two portions every day.	d. healthy: olive oil and some fish unhealthy: fried foods
	5. <b>Fats:</b> Eat one portion every day.	e. cereals and whole grain

**Activiti 4:** Read the slogans (1–6) and match them with the photos (a–f).

					
1. Exercise <b>can</b> improve your mood.	2. Exercise <b>can</b> make bones and muscles stronger.	3. Exercise <b>can</b> help you control your weight.	4. Exercise <b>can</b> reduce stress.	5. Exercise <b>can</b> increase energy.	6. Exercise <b>can</b> fight diseases.

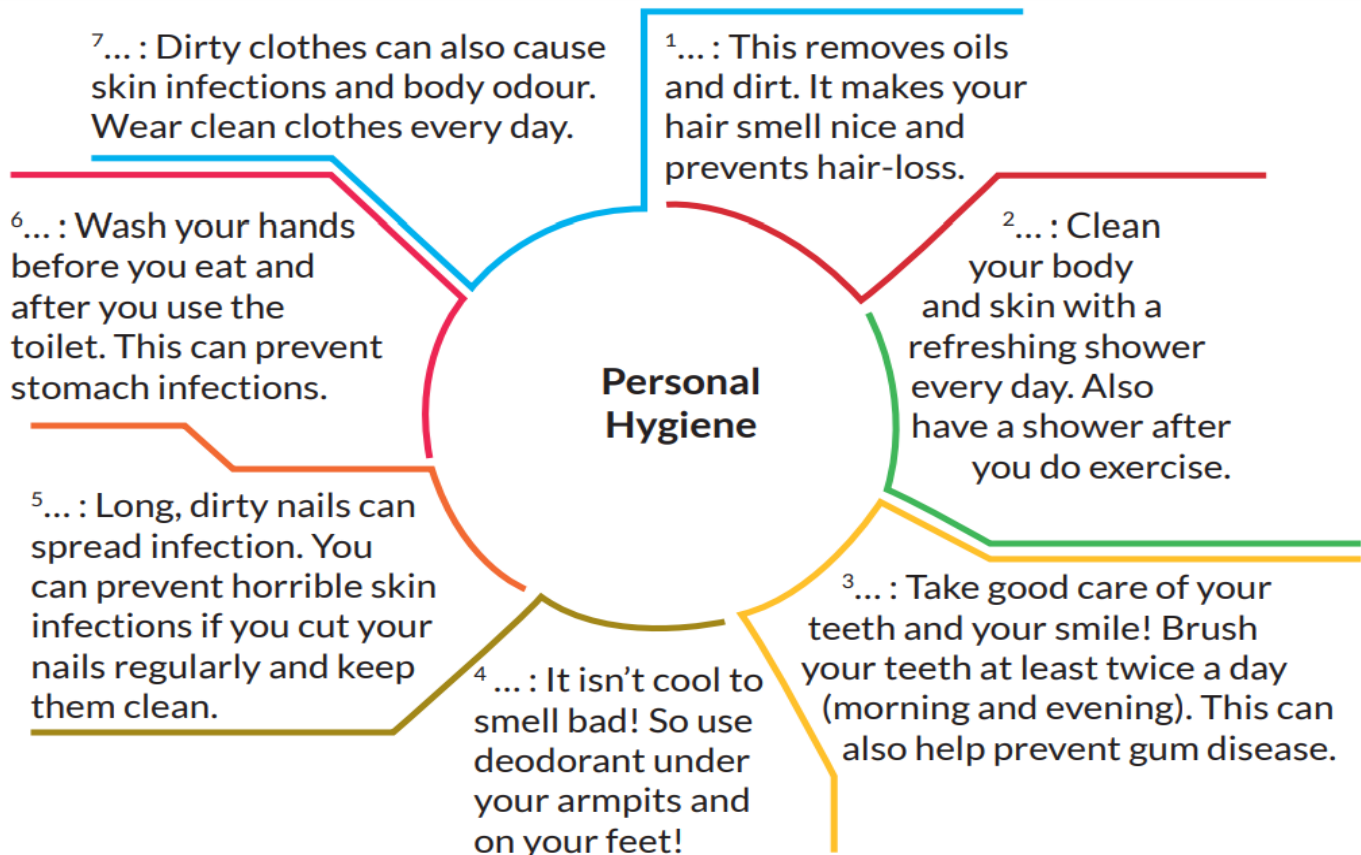
## EJEMPLOS:

### FASE DE EVALUACIÓN

#### ACTIVIDAD A EVALUAR:

Read the infographic about personal hygiene and complete it (1–7) with the headings (a–g).

- Use deodorant
- Change your clothes
- Wash your hair regularly
- Dental care
- Wash your hands
- Have a shower
- Keep your fingernails clean and short





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