



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: Healthy Food Choices

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 8o
- **FECHA:** Oct-nov 2024

FASE DE PLANEACIÓN O PREPARACIÓN

COMPETENCIA:

- * Describe minor illnesses and give suggestions
- Describe symptoms of eating disorders and express conditions
- Describe past experiences
- Recognize negative health practices

EVIDENCIA DE APRENDIZAJE

- » I can ask for and give information about eating habits.
- » I can make suggestions about eating habits.
- » I can ask for and give information about the ingredients of a dish.
- » I can give information about the nutritional value and health benefits of food.

FASE DE EJECUCIÓN O DESARROLLO

INSTRUCCIONES: I can discuss natural resources and their uses.

TEORÍA

Actividad uno: Look at the pictures relating to dishes from Australia, Japan and Colombia. Label the ingredients with the words in the Word Bank.

Word Bank: onions minced beef flour potatoes oil salt ketchup pork.



meat pie



"nikuman"



empanada



Activity 2: Read the guidelines for good nutrition. Match them with the questions in the survey.

Guideline 1: Drink plenty of water

Guideline 2: Choose fresh, natural food

Guideline 3: Measure your portions

Guideline 4: Don't skip breakfast

STUDENT NUTRITION SURVEY

1. How often do you eat breakfast?
 - a. I always eat breakfast.
 - b. I sometimes skip breakfast and I feel very hungry during the morning.
 - c. I never eat breakfast because I never feel hungry very early in the morning.

2. How much do you eat?
 - a. I eat regular portions. If I feel full, I stop eating.
 - b. I eat a lot. I am never full.
 - c. It depends. I eat small portions but I'm always eating.


3. How many glasses of water do you drink a day?
 - a. I drink 3–4 glasses.
 - b. I drink 1 or 2 glasses.
 - c. I never drink water.

4. What kind of food do you prefer?
 - a. I like fresh food like fruit and vegetables.
 - b. I like snacks like biscuits and potato crisps.
 - c. I like fast food like hot dogs and pizza at weekends.

Activity 3: Read this nutrition advice. Complete the text with words from the Word Bank

Word Bank: bread, cereals and potatoes meat and eggs fats and sugary food fruit and vegetables dairy products.

THE FIVE FOOD GROUPS



Make sure to include carbohydrates like ¹_____ because this food group provides energy for our bodies.

You can get protein from ²_____.

Limit your consumption of ³*fats and sugary food*.

Don't forget to drink lots of water.

Eat plenty of ⁴_____. They provide vitamins and minerals. **Try** to eat a variety of both.

Include ⁵_____. They give your body protein, vitamins and minerals. **Choose** low-fat cheese and milk.

Activity 4: Read the three texts from a wiki. Match the questions with the correct text.

- What is body image?
- Why is self-esteem important?
- How does the media affect people negatively?



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



1 In our lives, we all interact with different kinds of media which provide information and messages that influence our perception of reality. This influence can turn negative if we cannot process the messages in a critical and healthy way. First of all, if we believe in the ideal of a 'perfect body' that the media promotes, we will be **frustrated** at not being beautiful enough. This can create a negative body image. Secondly, if we let the media tell us how to be **happy** and **successful**, we will spend a lot of time, money and energy going after the wrong ideals and values.

2 The picture we create in our mind of how we look is called *body image*. But this perception is not just an image or an idea. It is a feeling that influences our personality and our behaviour. If you have a positive body image, you will feel good about who you are, not only about how you look. If you are unhappy with your body image, this can affect your self-esteem and create negative feelings. If those feelings continue, they can turn into serious illnesses like eating disorders or depression.

3 The value you attribute to yourself is your *self-esteem*. It is important because it is something that influences your personality and your emotions. If you have high self-esteem, you will believe in yourself and be **confident** in all areas of your life. On the contrary, if you have low self-esteem, you may be **unhappy**, **anxious** or extremely **self-conscious**.

EJEMPLOS:

FASE DE EVALUACIÓN

ACTIVIDAD A EVALUAR:

Complete the traveller's blog post using words from the Word Bank. Then, discuss the blogger's opinion about the dish with a partner. Do you agree?

Word Bank:

avocado beans rice minced beef fried egg
 good source contain high provide Word Bank comes



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



Travel Blog: Colombian Cuisine

Posted by James Lee, August 31st.

I am a Canadian traveller and I have just come back from Colombia. I loved my stay there. The food is a gastronomical adventure! I really recommend the paisa platter (*bandeja paisa*). It's a ^a_____ of protein because it has eggs, red beans, fried pork and minced beef. It ^b_____ with rice and slices of fried plantain called *patacón*. It's served with avocado. Avocados ^c_____ a lot of vitamins and minerals. Personally, I love this dish because it mixes a lot of flavours and nutrients. I suppose fried pork, minced beef and eggs ^d_____ a lot of cholesterol, so this dish is not healthy if you eat it every day or if you are not very active! But if it's your first time in Colombia and you are in Antioquia, you should try it!

COMMENTS

Lorie, 15 September, 2016 at 3:24 pm

I'm a nutritionist. I agree the mix of flavours sounds interesting: eggs, avocados and pork are great sources of protein. But unfortunately, it's very ^e_____ in fat. Maybe you should include more vegetables and use a different cooking method for some ingredients.



South American countries