



# 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 Mayo

**NOMBRE DEL TALLER:** Healthy lifestyles

- **ÁREA:** Inglés
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 9°
- **FECHA:** mayo 2025

### FASE DE PLANEACIÓN O PREPARACIÓN

**COMPETENCIA:** Learn about different food and eating habits around the world

**EVIDENCIA DE APRENDIZAJE:** Understand people describing what food and drink they like and dislike and what is healthy or unhealthy

### FASE DE EJECUCIÓN O DESARROLLO

**INSTRUCCIONES:** Los estudiantes nombraran un alimento en inglés.

**TEORÍA**

10. Read the text and match the dishes to the pictures. There is one dish with no picture. What is it?

## Glossary

avocado = aguacate  
herbs = hierbas/especies  
pineapple = piña  
soup = sopa  
strawberries = fresas  
stuffed = relleno



## A COUNTRY FULL OF DISHES

Colombia is a beautiful country with lots of different regions and different food traditions. Here are four typical Colombian dishes:

**Cholao:** This is a traditional dish from Valle del Cauca. It has strawberries, bananas, pineapple, mango and other fruits, with ice and condensed milk.

**Ajiaco:** This dish is from Cundinamarca and Boyacá. It is a soup and has different kinds of potatoes, corn, chicken and some herbs.

**Bandeja Paisa:** This is a traditional dish from the coffee region. It has rice, beans, beef, pork, avocado and an egg.

**Lechona:** This traditional dish from Tolima is a stuffed pig. There is a mixture of rice, peas and pork inside the pig.

Different cities have different dishes, so when you travel, make sure to try some food from the place.



11. Are the statements true (T) or false (F)?

- a. Cholao has fruit and vegetables. \_\_\_\_\_  
b. Lechona is a traditional dish from Boyacá. \_\_\_\_\_  
c. Cheese, rice and egg are some of the ingredients of Ajiaco. \_\_\_\_\_  
d. Ajiaco is a soup. \_\_\_\_\_

12. Complete the descriptions about each dish.

Name: Cholao  
Place: Valle del Cauca

Ingredients:  
strawberries, bananas,  
pineapple, mango,  
and other fruit. You  
have it with ice and  
condensed milk

Name:  
Place:  
Ingredients:

Name:  
Place:  
Ingredients:

Name:  
Place:  
Ingredients:

## Actividad uno:

Los estudiantes leerán el artículo e identificarán los platos típicos colombianos que están descritos y los relacionarán con las imágenes.



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## Actividad dos:

Los estudiantes escribirán cada una de las frases en el cuaderno y dirán si son correctas o no.

## Actividad tres:

Los estudiantes completaran las descripciones de los platos típicos colombianos.

## EJEMPLOS:

### FASE DE EVALUACIÓN

#### ACTIVIDAD A EVALUAR:

- Los estudiantes leerán el artículo e identificarán el párrafo al que hace referencia.
- Contestaran las preguntas que están en el punto 5

## Read

### 4. 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.

### 5. 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