



# 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**

**NIVELACION**

**NOMBRE DEL TALLER:** Taller de nivelación 1º y 2o periodo

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 8
- **FECHA:** Agto-Sept 2025

## FASE DE PLANEACIÓN O PREPARACIÓN

**COMPETENCIA:**

**EVIDENCIA DE APRENDIZAJE:** » I can describe human actions that affect the environment. » I can present myself: my interests, concerns, desires and talents. » I can describe changes between the past and the present.

## FASE DE EJECUCIÓN O DESARROLLO

**INSTRUCCIONES:** Introducir vocabulario de las rutinas diarias, se presenta crucigrama.

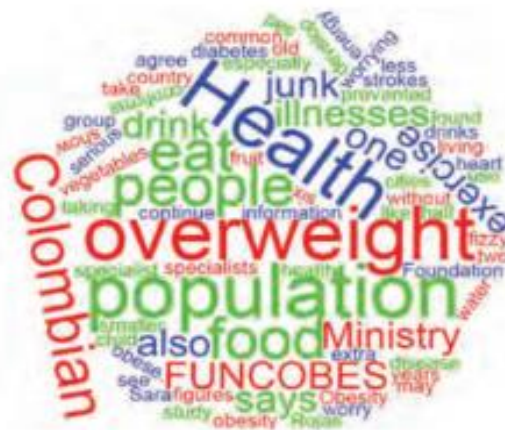
**TEORÍA**

**Actividad 1:** El estudiante escribirá una de las siguientes palabras frente a la imagen.

a headache - stay in bed and relax - bed and relax - toothache - take a home remedy  
a cold visit the doctor/dentist - a stomach ache - take some medicine.



**Actividad 2:** Los estudiantes leerán el siguiente artículo y llenarán los espacios en blanco con las palabras de la nube de palabras.



## By Jairo Leal

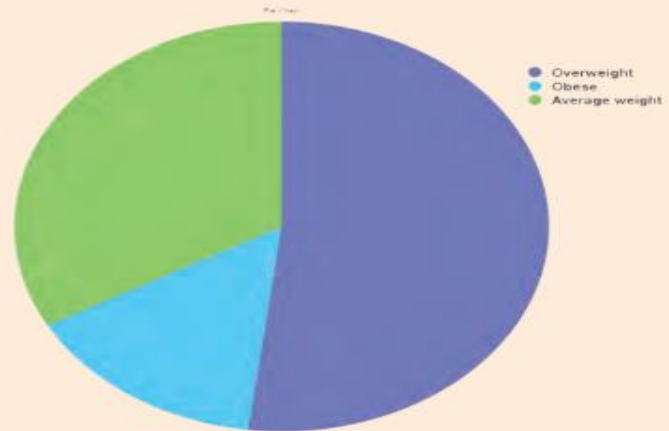
The Colombian Ministry of Health has found that over half (52%) of the <sup>a</sup>\_\_\_\_\_ of our country is <sup>b</sup>\_\_\_\_\_. The study confirms that there is also a smaller group of 15% that is obese.

The figures from FUNCOBES (Colombian Obesity Foundation) show that one in two people are overweight. This is more common in people over 45 years old who are living in cities. The Ministry also says that one child in six is overweight.

Health specialists agree that the information is worrying, especially because <sup>c</sup>\_\_\_\_\_ people continue to eat junk food and drink fizzy drinks without taking more exercise to use up the extra energy.

Sara Rojas, an obesity specialist at FUNCOBES, says: 'It is sad to see that Colombian

<sup>d</sup>\_\_\_\_\_ do not worry about their <sup>e</sup>\_\_\_\_\_ until they develop serious illnesses like diabetes, heart disease or strokes. These illnesses may be prevented if we drink more water, <sup>f</sup>\_\_\_\_\_ more fruit and vegetables, eat less junk <sup>g</sup>\_\_\_\_\_ and take more exercise'.



**Actividad: 3** Escribir los siguientes ingredientes en la imagen que corresponda.

Onions -minced beef – flour – potatoes - oil - salt – ketchup – pork.





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**Actividad 4:** El estudiante deberá llenar los espacios en blanco con las siguientes palabras: good - source - contain - high - provide.

## Travel Blog: Colombian Cuisine

Posted by James Lee, August 31<sup>st</sup>.

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 <sup>a</sup> \_\_\_\_\_ of protein because it has eggs, red beans, fried pork and minced beef. It <sup>b</sup> \_\_\_\_\_ with rice and slices of fried plantain called *patacón*. It's served with avocado. Avocados <sup>c</sup> \_\_\_\_\_ 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 <sup>d</sup> \_\_\_\_\_ 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 <sup>e</sup> \_\_\_\_\_ in fat. Maybe you should include more vegetables and use a different cooking method for some ingredients.



**Actividad 5:** Escoger la palabra correcta de acuerdo a la imágenes.