



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

Recuperación

Nombre: _____

NOMBRE DEL TALLER: Taller de recuperación 2o periodo

- **ÁREA:** Ingles
- **DOCENTE:** María Elena Muñoz Muñoz
- **GRUPO:** 8
- **FECHA:** Agosto 2026

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.

Actividad 1: 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?

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**.

Actividad 2: Complete the traveller's blog post using words from the Word Bank.

comes

good source

contain

high

provide

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.

★ **COLOMBIA** ★

South American countries

Actividad 3: Look at the pictures relating to dishes from Australia, Japan and Colombia. Label the ingredients with the next words.

onions

minced beef

flour

potatoes

oil

salt

ketchup

pork



meat pie



"nikuman"



empanada



Actividad: 4 Work with a partner. Student A, read part 1 of the article. Student B, read part 2. As you read, match each paragraph (1–4) with one of the questions (a–d).

- What kind of treatment does a person with an eating disorder need?
- What is an eating disorder?
- What causes eating disorders?
- What are some symptoms and behaviour?



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Eating Disorders by Angie Roa

PART 1

1. _____

An eating disorder is a serious illness. It is characterized by extreme and dangerous eating behaviour. This can have very serious physical and psychological consequences. This illness affects all kinds of people: young and old, men and women, rich and poor. It is often difficult to know when someone has an eating disorder – you can't always tell by looking at them.

2. _____

Health specialists are not completely sure about the causes of many eating disorders. There are many different reasons, such as bad eating habits, family history, attitudes and emotions, a person's income, and even where they live. However, some things are clear: eating disorders are mainly the result of unhealthy eating habits, the desire for an ultra-thin body and very low self-confidence.

PART 2

3. _____

It is very difficult to find out if a person has an eating disorder. However, some typical symptoms include losing or gaining weight drastically, vomiting, excessive fatigue and emotional distress. In addition, some typical behaviour includes paying excessive attention to body weight and shape, not sleeping well, getting stomach aches and avoiding social situations, especially for eating out.

4. _____

Fortunately, it is possible to treat most eating disorders if they are diagnosed in time. People can be helped if they accept that they have an eating disorder, and get the necessary nutritional and psychological treatment. People with eating disorders should learn to eat well, change bad eating habits and get help from their family. They should also accept their bodies the way they are.

In conclusion, eating disorders are complex illnesses, but treatment is possible. However, people need a trained health specialist to diagnose and treat these disorders.

Activity 5: Read an article by a fan of a famous Colombian athlete. Complete the text with the next words.

Anxious hurt recovered got overcome believe win

Mariana Pajón is an inspiration to me and she has helped mea in myself because success is about your mental attitude. Mariana had an accident in her last competition. She fell and her arm, but she quickly because she the support of her doctors and all her family. In her last competition, the other competitors were bigger and stronger than her but this did not make her Her self-esteem is very high because she is confident in herself. I



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believe she always thought she could and she did. My personal motto is inspired by Mariana: "If you have a positive mental attitude, you will e all obstacles. If you fall, stand up and keep going. Don't give up!"

Activity 6: Read the next text and answer the questions.

Tomatoes are not vegetables as many people think. They are a fruit. They come in different sizes and colours. Tomatoes are a basic ingredient of many popular foods like pizzas and ketchup and healthier dishes like salads and sauces of all kinds. Tomatoes contain essential nutrients and are high in vitamin C. This vitamin helps the body grow and it can help to repair it. In addition, tomatoes are a source of vitamin H. This vitamin helps the body in the production of energy. Tomatoes also contain minerals like potassium and copper. These minerals help to regulate body functions.

Finally, tomatoes can help digestion because they are a good source of fibre. In summary, you should eat tomatoes in your daily diet, because they are a tasty fruit with many benefits for your health.

1.What are tomatoes?

- a) Vegetables
- b) Fruits
- c) Seeds

2. Which vitamin is high in tomatoes?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D

3. What does vitamin C help the body do?



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- a) Grow and repair itself.
- b) Sleep better.
- c) Run faster.

4. Which minerals are found in tomatoes?

- a) Calcium and iron.
- b) Potassium and copper.
- c) Zinc and magnesium.

5. Why should people eat tomatoes every day?

- a) Because they are expensive.
- b) Because they are tasty and healthy.
- c) Because they are sweet candies.