



I.E. JOSÉ MIGUEL DE RESTREPO Y
PUERTA
COPACABANA, ANTIOQUIA

WORKSHOP Nº15

THROUGH LINES: HEALTH

GENERATIVE TOPICS: Integral Personal Care, Bullying and Conflicts

OVERARCHING GOALS: Student will be able to make short presentations on academic topics of interest using a clear structure and organization.

GRAMMAR POINT: (Present and future tense, Present of "like", Wh questions, Modals: have to, should, must, and can Adverbs of frequency, Yes/No questions)

NOMBRE:

DATE:

PERIOD:

COURSE:

TEACHER:
CARLOS ALVARADO

1. Read and translate the text, 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.



2. Are the statements true (T) or false (f)?

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

3. 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:

4. Look at the diagram of the food groups and complete the information about why food is important for your body.

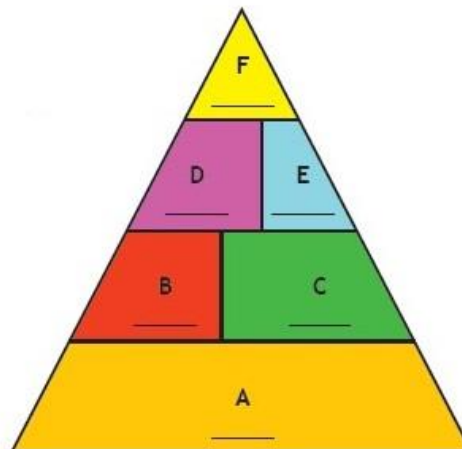


- a. _____ (e.g. bananas and apples): They give your body fibre, vitamins and antioxidants.
- b. _____ (e.g. carrots and broccoli): They give your body vitamins, minerals and fibre.
- c. _____ (e.g. soya milk and yoghurt): They provide calcium.
- d. _____ (e.g. rice or pasta): They give you energy, and help the body grow and work correctly.
- e. _____ (e.g. chicken or fish): These help your body to build and repair tissues.
- f. _____ (e.g. chocolate or butter): These provide lots of energy for your body.

Glossary
build = construir
fibre = fibra
tissues = tejidos

5. Listen to the information about the Food pyramid and complete the diagram with the food groups 1-6.

- 1. fruit
- 2. vegetables
- 3. proteins
- 4. grains
- 5. dairy
- 6. fats and sugars



6. Write the words in the correct food group. Then listen to the person talking about the Food pyramid and check your answers.

beef bread broccoli carrots cereal cheese chicken eggs fish lettuce melon oranges pasta
peas pineapples soya milk spinach strawberries yoghurt

Fruits	Vegetables	Protein	Dairy	Grains

7. Read, translate the text and match the questions a-d to the paragraphs.

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.

A. 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.

- 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