



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

WORKSHOP N° 7

THROUGHLINES: Your world

GENERATIVE TOPICS: This is me, my family, school life and people

OVERARCHING GOALS: Students will be able to request and provide clarification about how names and unknown words are spelled.

DATE:

LEVEL:

COURSE:

TEACHER:

CARLOS ALVARADO

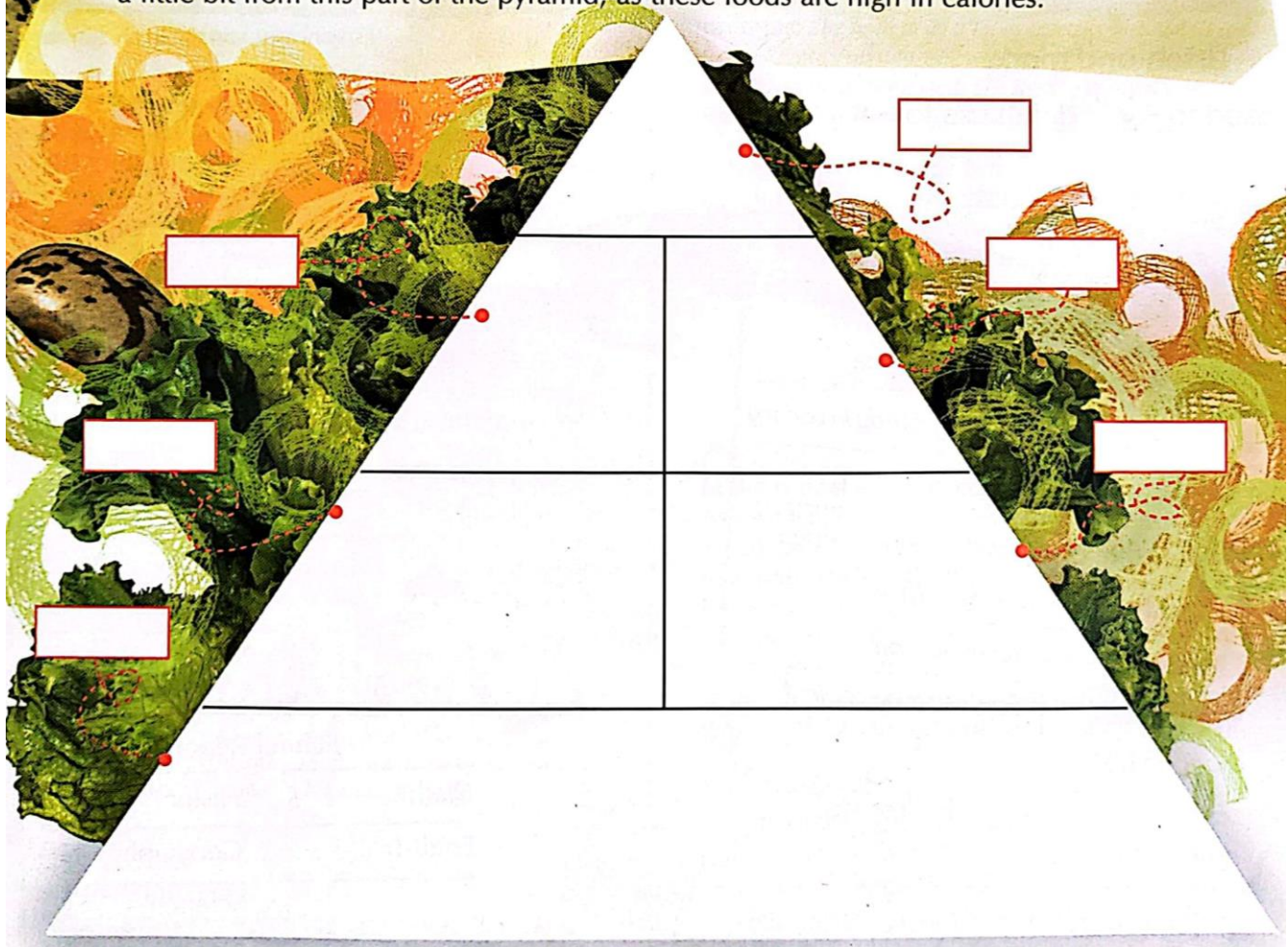
NAME:

1. Read, draw and translate into Spanish.

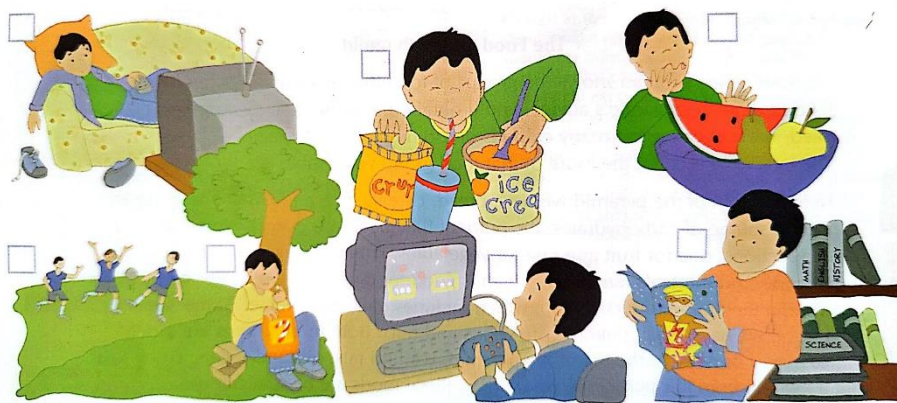
The Food Guide Pyramid

The food guide pyramid shows the groups of food that make up a healthy diet. If you follow the pyramid's advice, you'll obtain the nutrients and energy you need, without eating too many calories or too much fat, cholesterol or sugar! The larger the section, the more of that food group you should eat.

At the bottom of the pyramid we have bread, cereals, rice and pasta. These are a good source of carbohydrates, the nutrient that gives you energy. Next, we have two sections, one for fruit and one for vegetables. Fruit and vegetables have a lot of vitamins and minerals, and fiber, which is good for digestion. Going up the pyramid, we find the dairy products group, which includes milk and cheese. At the same height, we have meat, poultry, fish, beans and nuts. Both these groups are a rich source of protein. At the top of the pyramid, we find fats, oils and sugars. Enjoy just a little bit from this part of the pyramid, as these foods are high in calories.



2. Listen and number.



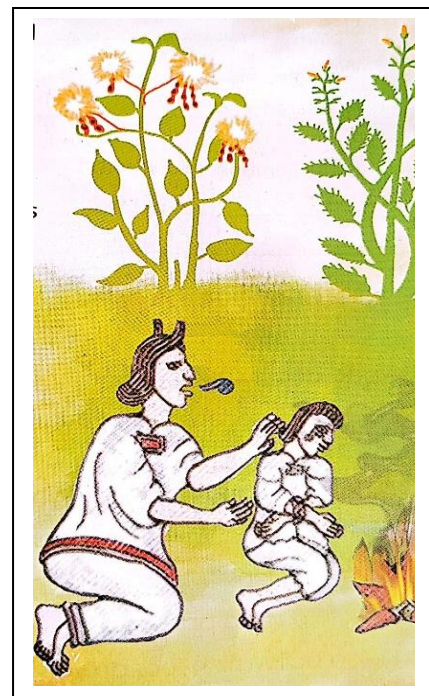
► Listen and mark.

used to = ✓ didn't use to = ✗

3. Read and answer (Translate into Spanish)

Nowadays when we get sick, we usually visit a doctor and take the medicine we are given. The Aztecs also used to visit a type of doctor called a Shaman. The Aztecs believed, however, that illnesses were caused by comets, earthquakes or as a punishment from their gods! The Aztecs used herbal medicine both to cure and to prevent illness. They had knowledge of about 1,500 plants and their medicinal properties. They used to wrap flower petals around some medicines to form a capsule that was easier to swallow, a similar idea to our pills today.

The Aztecs knew cures for all kinds of ailments. For example, for a fever they suggested taking steam baths. They thought the heat would sweat out the evil spirits that were poisoning them. They also used to treat earaches by pouring liquid rubber into the ears. For cuts, they used to sprinkle ground obsidian on the wound to help it heal. For colds, they suggested putting a drop of dew into each nostril twice a day. In fact, the medical knowledge of the Aztecs was far superior to the best doctors in Europe at that time. *(Taken from Step up 5 book)*



- What was a Shaman?
- What did the Aztecs believe caused illnesses?
- How many plants and their medicinal properties did they know about?
- Why did they wrap flower petals around some medicines?
- Did European doctors know more than Aztec doctors?

4. Read and complete the chart.

Symptom	Treatment by Aztecs
fever	
cuts	
	Put a drop of dew into each nostril.