



Guía de Inglés
UNIDAD 1 6° BASICO
FOOD AND HEALTH

Nombres:	Apellidos:
Curso: Letra:	Fecha: March 19th, 2020

OBJETIVO: Reconocer contenidos de léxico y gramática en inglés a través de imágenes y oraciones afirmativas, negativas e interrogativas relacionadas con la unidad de comida y salud.

Healthy and Unhealthy food

One of the most common problems for Chilean people is to decide what kind of food is better for you, for that reason we have to fulfill some suggestions based on eating habits that can be found on public advertising, school food shops, and even products at the supermarket.

The question is... Do we really know how to take the correct choice for our daily eating routine? The most common answer is that healthy food is a little bit expensive, so everyone prefers fast food that is much cheaper.

HAMBURGER	PASTA	FRUIT	CAKES	CHOCOLATES	FISH	TURKEY	HAM
SALAD	TUNA	VEGETABLES	SODA	NATURAL JUICE	ALCOHOL	COFFEE	
TEA	HERBAL WATER	WATER	SPRING WATER	CHINESE FOOD	HOT-DOGS		

Find the words in Spanish by using a dictionary or a translator in your cell phone, and then complete the chart with the words from the box above.

HEALTHY	UNHEALTHY

(Una vez que hayas buscado el significado de las palabras en un diccionario, complete la tabla clasificándolas en SALUDABLE / NO SALUDABLE).

GRAMMAR FOCUS

Una de las etapas de esta unidad es reconocer y usar estructura gramatical en tiempo presente simple y presente continuo que podemos encontrar incluso en las recetas simples y comunes en español. Para ello, veremos ambos tiempos por separado para saber cómo es su forma y uso, para luego mezclados presentar una minuta de alimentación saludable.

SIMPLE PRESENT (presente simple)

This tense is used for real or false facts and we have to understand as “the actions that happens in regular routines in present”.

The structure is: SUBJECT + VERB + COMPLEMENT

Verb can suffer some kind of modification depending on the subject, but in this part of the unit, we have no worries about it.

FOR EXAMPLE:

- ✓ Put a little spoon of sugar on the pie.
- ✓ Add two drops of lemon juice
- ✓ Serve the dish as cool as you can
- ✓ Prepare the mixture very slow
- ✓ Peel the pineapple
- ✓ Cut the strawberries into slices

(todas las palabras iniciales corresponden a verbos y acciones, están en presente a modo de instrucción, lo que se dice formalmente: imperativo)

PRESENT CONTINUOUS (presente continuo)

This tense is used to refer to actions that are still happening, for that reason VERBS are used with ING at the end... So for negative and positive sentences (even questions) all the verbs you put ING...

READING EATING BOILING COOKING PLAYING PREPARING ADDING PUTTING

OJO: en este tiempo verbal la forma gramatical correcta de una oración es:

SUBJECT + IS/ARE/AM + VERB (con "ing" al final) + COMPLEMENT

El uso de IS – ARE – AM depende del sujeto con el cual inicie la oración, es decir, IS se usa siempre y cuando el sujeto sea HE / SHE / IT, en el caso de ARE se usa siempre y cuando el sujeto sea YOU / WE / THEY, y finalmente, AM se usa siempre y cuando el sujeto de la oración sea I (yo).

FOR EXAMPLE

- ✓ You are preparing a delicious sandwich
- ✓ He is adding salt to the barbecue
- ✓ They are going to the stadium
- ✓ She is cooking a lemon pie
- ✓ I am eating a double cheese pizza

TIME'S UP!!!

Llegó el momento de mezclar los tiempos verbales en una receta saludable.

En muchas de las recetas o preparaciones de platillos simples está el uso del tiempo presente simple con el presente continuo, veamos un ejemplo simple:

“Abrir el pan tostado (presente simple) colocando mantequilla sobre éste (presente continuo) // Open the toasted bread while putting butter on it”.

Answer in English the following questions.

1. What is your favorite breakfast? _____
2. What is your favorite Chilean food? _____
3. Where do you like to eat out? _____
4. Which is your favorite restaurant? _____
5. Who is the best chef at your home? _____

A continuación, completa la guía de ejercicios de la página siguiente.

I. Read the text and answer true (T) or false (F) (6 pts).



Healthy habits are very important in our lives. You should eat fruits and vegetables every day. You should also have a good breakfast. Some people don't have breakfast because they say they don't have the time, but you shouldn't skip it because it is the first meal of the day and it gives you energy. However, food is not everything. You should work out during the week to have a healthy body. And remember, you shouldn't be on your phone so late because you should sleep well and rest.

1. _____ Healthy habits are not important in people's lives.
2. _____ You should eat vegetables and fruits daily.
3. _____ Breakfast is not really important for us.
4. _____ You shouldn't work out during the week.
5. _____ You shouldn't be on your phone so late.
6. _____ You shouldn't sleep well and rest, it's not that important.

II. Write the concepts on the images. Then, categorize them into healthy or unhealthy (12 pts in total. 6 pts in the images and 6 pts in the chart).

- Drink soda
- Work out
- Be on the phone late
- Eat breakfast
- Drink alcohol
- Eat junk food



1.



2.



4.



5.



6.

IV. It's your turn! Draw and prepare a poster promoting healthy habits. Be ready to present it to the class (6 pts in total. 3 pts for the poster itself and 3 pts for oral presentation).

(La presentación oral de este afiche en inglés será revisado una vez que se retome el horario de clases)