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| TALLER DE: PROFUNDIZACIÓN | ASIGNATURA: INGLÉS | DOCENTE: GUILLERMO ELIESER CHAVERRA GAMBOA |
| GRADO: 8° 1,2,3,4 | PERÍODO: 1 - SEMANA: 9 – FECHA: 19/03/2020 | TEMA: DO YOU KNOW ABOUT NUTRITION? |

INDICADOR DE DESEMPEÑO:

Lograr que los alumnos aprendan a tener hábitos saludables con la nutrición

OBJETIVO DE CLASE:

Copiar y traducir el tema al español en su cuaderno.

Realizar las actividades propuestas en el tema.

| TEMAS | ACTIVIDADES A DESARROLLAR |
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| 1. carbohydrates | 1. Copiar el tema en el cuaderno |
| 2. Fruits and vegetables | 2. Traducir el tema usando el diccionario |
| 3 Proteins | 3. Realizar las actividades propuestas en el tema. |

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| CRITERIOS DE EVALUACIÓN | Presentar el cuaderno al profesor y sustentar sus respuestas |
| PRODUCTO O EVIDENCIA DE APRENDIZAJE | El estudiante debe presentar el Taller desarrollado... |

REFERENCIAS:

Mineducación, Way To Go! Work book. 8° grade



1. Do You Know About Nutrition?

THE MOST IMPORTANT MEAL OF THE DAY

A healthy breakfast has been proven to have many health benefits. Eating breakfast in the morning gives our bodies the energy it needs to get through a busy day. Skipping breakfast is like trying to start in the morning without petrol!

Nutritionists all agree; breakfast really is the most important meal of the day! Research shows that student who eat a healthy breakfast do better at school. They are happier and they have more energy. In addition to giving us instant energy, it also provides us with important nutrients and vitamins that our bodies need to function well in the day.

So, what is a healthy breakfast? According to nutritionists, a healthy breakfast should include at least one ingredient from each of the following groups of food groups: fruits and vegetables, protein and carbohydrates. Foods like oatmeal, brown rice and wholegrain bread give your body carbohydrates it needs to make energy.

Tomatoes, avocado, oranges and other fruits and vegetables give your body different vitamins.

You can get protein from milk, yoghurt, eggs, nuts and other foods like meat. Eating something in all three food groups will help you kick – start your day.

In summary, a healthy breakfast equals a healthy body and healthy mind. For increased energy, concentration, and happiness, eat a healthy breakfast.

Choose the correct option.

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| <p>1. Which is not a dairy product? _____</p> <p>a. Milk</p> <p>b. Cheese</p> <p>c. Eggs</p> <p>d. Yoghurt</p> <p>2. If a food is baked, it is cooked in a / an _____</p> <p>a. Oven</p> <p>b. Frying pan</p> <p>c. Pot</p> <p>d. Grill</p> <p>3. You should limit your consumption of _____</p> <p>a. Proteins</p> | <p>6. which food is often mashed? _____</p> <p>a. Sausages</p> <p>b. Potatoes</p> <p>c. Eggs</p> <p>d. Onions</p> <p>7. Choose the correct advice. _____</p> <p>a. Don't eat breakfast!</p> <p>b. Don't consume breakfast!</p> <p>c. Don't have breakfast!</p> <p>d. Don't skip breakfast!</p> <p>8. Which food isn't a carbohydrate? _____</p> <p>9. Eat _____ because they are high in potassium</p> |
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- b. Grains.
- c. Fruits
- d. Sugars
- 4. Calcium is good for your _____

- a. Bones
- b. Eyes
- c. Skin
- d. Heart
- 5. _____ is a good source of protein.
- a. Milk tomato
- b. Meat
- c. Bread
- d. tomato

- a. Tomatoes
- b. Eggs
- c. Bananas
- d. Cereals
- 10. Which food group isn't good to eat for breakfast? _____
- a. Oils
- b. Fruits
- c. Grains
- d. vegetables