



Institución Educativa Benjamín Herrera Aprobación de estudios
Res.16309 del 27 de Nov. de 2002

Plan de apoyo para Inglés, Grado Noveno

Primer período 2025.

Focus on vocabulary

Get Ready!

1. Complete the descriptions with the words in the box.

bottle bowl packet cup glass plate box tin jar jug



A _____ of soup



A _____ of coffee



A _____ of chips



A _____ of tuna



A _____ of milk



A _____ of water



A _____ of crisps



A _____ of
orange juice



A _____ of
cereals



A _____ of
mayonnaise

2. _____ complete the sentences with the words in the box.

dentist doctor exercise fit hands soap toothbrush

To keep healthy you should:

- wash your (1) _____ with (2) _____ and water after going to the toilet.
- visit the (3) _____ twice a year and get a new (4) _____ every month.
- eat healthy food and do (5) _____ to keep (6) _____.
- visit the (7) _____ every six months for a check-up.

Get Ready!

1. Complete the health advice with the headings in the box.

Fitness Health checks Healthy food Hygiene

1. _____

- Eat a balanced diet.
- Drink plenty of water.
- Have plenty of fresh fruit and vegetables.

2. _____

- Wash your hands with soap.
- Clean your teeth.
- Change your toothbrush.

3. _____

- Do an hour of exercise three times a week.
- Walk to school.
- Take the stairs not the lift.

4. _____

- Visit the dentist twice a year.
- Have regular health checks with your school nurse or doctor.

Get Ready!

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



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

Glossary

build = construir
fibre = fibra
tissues = tejidos

4. Read the text and match the questions a-d to the paragraphs.

- a. How much sugar do you need every day?
- b. How many meals do you need every day?

- c. How much water do you need every day?
- d. How much fruit do you need every day?

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.

5. 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.

doctors glass natural supermarket

- 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

4. Match the sentences to the pictures.



Free Time Activities

He goes swimming.

She does Pilates.

They play football.

They do aerobics.

They go cycling.

They do karate.

He plays pool.

He plays wheelchair basketball.

They play board games.

He goes climbing.

They go running.



Focus on language

7. Read the *Useful language* box. Complete the food questionnaire with the correct question: *How much* or *How many*. Then answer the questions in your notebook.

Useful language

Countables

Use *How many* to ask for quantities of countable nouns.
How many apples do you need?

Uncountables

Use *How much* to ask for quantities of uncountable nouns.
How much water do you drink?

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8. Say it!

Listen and repeat.

When speaking quickly two words often join together to form one sound. For example, the words *do* and *you* often appear together in questions:
do + you = /dʒə/

How much fruit do you eat?
How many meals do you have a day?

Food questionnaire

1. _____ fruit do you eat a day?
A. Three or more pieces of fruit
B. One or two pieces of fruit
C. I don't eat fruit
2. _____ portions of vegetables do you eat a day?
A. Three or more
B. One or two
C. I don't eat vegetables
3. _____ water do you drink a day?
A. One big bottle
B. One glass
C. One small bottle
4. _____ fizzy drinks do you drink a day?
A. I don't drink fizzy drinks
B. One glass
C. One big bottle
5. _____ dairy products do you have a day?
A. Three or more
B. One or two
C. zero

Mostly A: Great job!! You take care of your eating habits.

Mostly B: Good job! But sometimes you don't eat well.

Mostly C: Be careful. Your eating habits aren't good for your health.

4. Match the sentences to the pictures.



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