

Worksheet 1 II Term

Name:	Grade: 7 th grade ____	Date:
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Objective: To show comprehension of the text “Healthy food”.

To show comprehension of the video “8 ways to be healthier”

To know and identify new vocabulary related to food.

To know and identify healthy and unhealthy food.

Unit 2: Healthy habits

Topic: Healthy and unhealthy food

OA 1: Demonstrate comprehension of general ideas and explicit information in oral adapted and authentic simple texts, literary and non-literary, in a variety of audiovisual formats (such as oral expositions, conversations, descriptions, instructions, procedures, narrations, rhymes and word games, songs) about a variety of topics (personal experiences, other subjects’ topics, immediate context, actual and global interest or another culture) and that contain the functions of the year.

OA 8: Demonstrate knowledge and use of language in conversations, discussions and oral presentations.

OA 9: Demonstrate comprehension of general ideas and explicit information in oral adapted and authentic simple texts, in printed or digital format, about a variety of topics (personal experiences, other subjects’ topics, immediate context, actual and global interest or another culture) and that contain the functions of the year.

Instructions:

1. Watch the video “8 ways to be healthier”, write the 8 ways to be healthier in your copybook.

<https://proyecto.webescuela.cl/sistema/webclass/home/recursos/view.php?id=3755974>

2. Read the text “Healthy food” and answer the following questions.

HEALTHY FOOD

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty!

You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones.

Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week.

Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!



Answer the following questions:

1. Healthy food will make you...
- a. Sick b. Strong c. Green d.Tasty
2. What food will help make your bones stronger?
- a. Bread b.Nuts c.Cheese d. Chips
3. What kind of vegetables should you eat each week?
- a. None b. one kind c. Green vegetables d. Many kinds
4. You should eat cookies...
- a. Once in a while b. All time c. Instead of oatmeal d. To grow strong

3. Match the words with the pictures.




































apple	
banana	
cake	1
cheese	
chocolate	
hamburger	
ice-cream	
orange	
pizza	
potatoes	
tea	
tomato	



4. Write the words according to the food in item 2.

- a. Something yellow: _____
- b. Something brown: _____
- c. Something red or green: _____
- d. Something very cold: _____

5. Classify the following food as healthy or unhealthy using the chart below.

 bread	 meat	 egg	 jam	 milk	 cheese
 fish	 honey	 rice	 cake	 soup	 biscuits
 chips	 chocolate	 coke	 bagel	 cornflakes	 croissant
 fried chicken	 fried potato	 hamburger	 hotdog	 ice-cream	 mince
 olive oil	 olives	 omelette	 pasta	 pizza	 sandwich
 sausages	 shrimp	 tart	 toast	 yogurt	

Healthy food		Unhealthy food	