

English Department

Teachers: Andrea Mendoza Campos / Silvana Fernández / Rodrigo Mancilla

missmendozacampos@gmail.com / silvana02@live.cl / rodman.mancilla@gmail.com

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Worksheet 2 II Term

Name:	Grade: 7 th grade ____	Date:
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Objective: To identify healthy and unhealthy food.

To show comprehension of the text "My daily routine"

To answer the formative assessment applying all the contents studied.

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.

OA 15: Write to inform, express opinions, and narrate, using: Words, sentences and learned writing. Learned connectors. Correct spelling of a huge, learned words of frequent use. Appropriate punctuation (Period, comma, question mark).

Instructions:

1. Look at the images and answer the questions. (Provide full answers)



a) What are those?

b) What do they represent?

c) What food items can you identify? Write them

2. Read the text below and underline the food items you can find.



Routine

My Daily

My name is Sergei. I'm fourteen years old. I always wake up at 7 o'clock every day except Sunday. I do morning exercises. I wash, clean my teeth, and comb my hair. Then I have breakfast. In the mornings I like to eat fried eggs or omelette, cheese sandwich and to drink tea. It takes me 10 minutes to get to school. My lessons begin at 8.30. At 2 o'clock the lessons are over. I usually have six or seven lessons a day. I return home at 2 o'clock and have rest. I watch TV and play computer games. I have lunch at 3 o'clock. For lunch, I usually eat some soup, fried or mashed potatoes with cutlets and a piece of cake with a cup of tea for dessert. Occasionally, after doing my homework I go for a walk with my friends. In the evening, I go to the gym. My training lasts for an hour. Dinner consists of fish, meat or chicken, vegetables or some salad and an apple pie. After dinner I read books, newspapers and magazines, chat with friends on the phone. At 10 o'clock I take a shower, brush my teeth and go to bed.

Frequency Adverbs

Always: *Siempre*

Usually: *Usualmente*

Occasionally: *Ocasionalmente*

3. Read the text again and complete the chart below with the food Sergei eats for the different meals of the day.

Breakfast	
Lunch	

Dinner

4. Mark the food item with an H for healthy food and with a U for unhealthy food.



HAMBURGUER



SOUP



BREAKFAST



OMELETTE



APPLE PIE



A SODA



A CUP OF TEA



MILKSHAKE AND
CROISSANT

FORMATIVE ASSESSMENT:

(Pandemic format)

NAME:

GRADE:

DATE:

1. Read the descriptions about food and match them with the corresponding name.

Healthy food

/

Unhealthy food



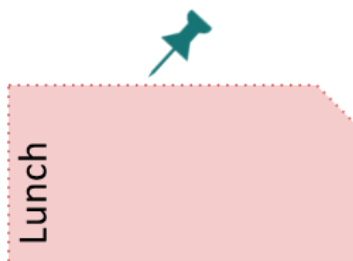
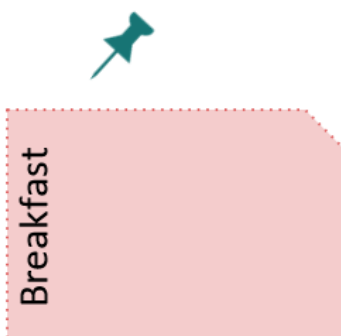
Food that is high in calories from sugar or fat, with little dietary fiber.

Food to be good for you because it does not contain artificial chemicals or much sugar or fat.

2. Complete the charts with a healthy menu of your choice. Use the food dictionary.

Choose your favorite day of the week: **Monday/Thursday/ Tuesday/Friday/ Saturday/**

Sunday



Dictionary food			
cake		rice	
hot dog		fruit	
salt		cookie	
meat		bread	
cheese		tomato	
chicken		pizza	
apple		watermelon	
corn		egg	
		soup	
		vegetables	
		onion	
		salad	
		chocolate	
		hamburger	
		melon	
		avocado	
		cucumber	
		pepper	
		potato	
		lemon	
		banana	
		sandwich	
		orange	
		grapes	