

REINFORCEMENT ACTIVITIES

Subject:

Grade:

Period: II

Year: 2019

SUGGESTION

Each period, the teacher formulates a problematizing question or situation related to the learning goals that help the student to train him/herself and get ready to prove his/her knowledge and proficiency levels in each area. This process is scheduled on May 20th to 24th. The student should consult the bibliographic references cited by the teacher and turn in three academic products for the period.

1. Problematizing question:

How to help my body to be healthy?

2. Learning Goals:

Create and describe healthy routines written and orally in different contexts.

3. Activities:

A. Talk about your meals.



MEALS	TIME	FOOD	DRINKS

B. Answer these questions about yourself. Follow the example.

Example: How often do you do your homework before the next lesson?

I always do it

✓ How often do you practice a sport? Name the sport.

✓ How often do you eat fruit and vegetables?

✓ How often do you meet your friends outside school?

✓ How often do you read a book for pleasure?

✓ How often do you watch TV in the morning?

✓ How often are you in a good mood?

C. Write a paragraph about healthy habits.

- Write about 8-10 lines.
- Include examples, food, activities, and frequency adverbs.
- Punctuation marks.

D. Read the article and answer the questions

Food Fright

Doctors in Britain are worried because British teenagers eat lots of crisps, sweets and fatty food. Most teenagers don't eat enough fruits or vegetables and more than one million British school children are overweight.

Some teenagers say that they don't have time to eat good food, but kids who have a poor diet often have health problems when they are older.

Americans have been familiar with fast food for a long time (it was born there). American fast food is now a part of life far beyond the shores of the United States. McDonald's, Pizza Hut, Burger King have restaurants all over the world.

No one can deny that the idea of fast food at a fair price has its place around the world. These establishments are popular simply because they are fulfilling a need within a particular country's economy.

A steady diet of burgers, fries and soda may seem delectable, but it won't nourish your body with the vitamins and minerals you need to stay healthy. Fast food lacks many important nutrients.

Some parents are criticizing the proliferation of fast food restaurants where people eat high-calorie foods of low nutritional value.

Now doctors are giving young people books and games about a good diet. Having a healthy, well-balanced diet can help you feel better and live longer.

- ✓ Why are British doctors worried?
- ✓ Do young people normally eat vegetables and fruit?
- ✓ What kind of problems can a poor diet bring?

- ✓ Why do so many people go to fast food restaurants?
- ✓ Are parents happy with the appearance of fast food restaurants? Why?

E. Classify the items into healthy and unhealthy (write the name of each element)



HEALTHY	UNHEALTHY

4. Biographic references:

<https://agendaweb.org/vocabulary/food-exercises.html>
<https://learnenglishkids.britishcouncil.org/es/category/topics/food>
<http://learnenglishteens.britishcouncil.org/uk-now/video-uk/food-britain>
<https://agendaweb.org/grammar/adverbs-exercises.html>
<https://learnenglishkids.britishcouncil.org/es/node/13979>
<https://youtu.be/fE8lezHs19s>