

ENGLISH IN ACTION II

UNIT 1

TRABAJO AUTÓNOMO

1.- Choose the correct word for each picture.



PASTA
CEREAL
CRACKERS
CHEESE
TOMATO
YOGURT
BLUEBERRIES
APPLES
MILK

2.- Complete the conversation with some or any.

A: What do you want for lunch?

B: Let's make some sandwiches.

A: Good idea! We have some bread. Do we have any cheese?

B: Yes, I think there's some in the refrigerator. Let me see. . . .

No, I don't see any.

A: Well, let's go to the store. We need some milk, too.

And do we have any cheese?

B: Yes, we do. There's some lettuce here, and there are some tomatoes, too.

A: Do we have any mayonnaise? I love some mayonnaise on my sandwiches.

B: Me, too. But there isn't any here. Let's buy some.

3.- Classify these words into countable and uncountable nouns.

pasta
onions

milk
crackers

apples
tomatoes

Cereal
oil

Countable nouns	Uncountable nouns

4.- Unscramble these sentences.

always / I / bread / for / eat / breakfast

salad / often / we / with vegetables / have

5.- Read the text and answer the questions.

The Benefits of a Healthy Diet

Eating healthy is important for everyone. A balanced diet gives your body the energy it needs to work, play, and learn. Healthy foods, like fruits, vegetables, whole grains, and lean proteins, help you stay strong and active.

There are many benefits to a healthy diet. It can improve your mood, give you more energy, and help you concentrate better in school. Eating healthy also helps you stay at a healthy weight, reducing the risk of diseases like heart problems and diabetes.



In some schools, students are encouraged to eat healthy snacks and exercise regularly. By eating well and being active, you can feel your best every day!

1. What does a healthy diet provide your body with?

- a) Junk food
- b) Energy
- c) Water
- d) Sugar

2. Which of the following is NOT a healthy food?

- a) Fruits
- b) Vegetables
- c) Candy
- d) Whole grains

3. What is one benefit of eating healthy?

- a) It makes you sleepy
- b) It helps you stay strong and active
- c) It gives you more sugar
- d) It makes you thirsty

4. How can a healthy diet help you in school?

- a) It helps you concentrate better
- b) It makes you tired
- c) It reduces your homework
- d) It helps you skip classes

5. What can eating healthy reduce the risk of?

- a) Flu
- b) Heart problems
- c) Colds
- d) Headaches

6. What are students encouraged to do in some schools?

- a) Eat junk food
- b) Skip meals
- c) Eat healthy snacks
- d) Sleep more

7. Which of these is a healthy source of protein?

- a) Lean meats
- b) Soda
- c) Chips
- d) Candy

8. What can you do to feel your best every day?

- a) Eat well and be active
- b) Watch TV all day
- c) Drink soda and eat fast food
- d) Sleep late and skip breakfast