



INSTITUCIÓN EDUCATIVA FISCAL "13 DE ABRIL"
EVALUACIÓN REFLEXIÓN METACOGNITIVA
DE IDIOMA EXTRANJERO
PRIMER QUIMESTRE 2021 - 2022



TEACHER'S NAME: _____

STUDENT'S NAME: _____

COURSE: _____ PARALLEL: _____

DATE : _____

NOTA
/10

"You don't have to be great to start, but you have to start to be great." – Zig Ziglar

INDICACIONES GENERALES:

- Leer correctamente las preguntas.
- Escribir las respuestas de acuerdo a su conocimiento y experiencia.
- Evitar tachones, borrones, enmendaduras.

1. ACTIVIDAD PARA IDENTIFICAR LOS NIVELES DE LOGRO DE APRENDIZAJE ALCANZADO (40%)

DESTREZA A EVALUAR: EFL 5.3.8. Identify and understand the main points in straightforward texts on subjects of personal interest or familiar academic topics.

INDICADOR DE EVALUACIÓN: Learners can find specific information and identify the main points in simple, straightforward texts on subjects of personal interest or familiar academic topics. REF. I.EFL. 5.10.1. (I.1, I.2, S.2)

A.- READ THE TEXT AND WRITE TRUE (T) OR FALSE (F) IN THE QUESTIONS BELOW. (15%)

HEALTHY FOOD

Healthy Eating Food keeps us healthy and help us grow.

Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat.

Carbohydrates Bread, rice and potatoes are carbohydrate rich foods. These foods give us energy. You should try and eat a lot of carbohydrates each day.

Fruit and vegetables provide us vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day.

Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves.

Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system. Example Meat, Fish, Eggs and Beans These foods are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. High in Fats and Sugar These foods provide the body with energy, too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E. To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

1. The food pyramid is not important

a. ☐ True

b. ☐ False

2. Drink 6 glasses of water per day is necessary in our diet.

a. ☐ True

b. ☐ False

3.- Fruits and vegetables provide us of vitamins and minerals

a. ☐ True

b. ☐ False

B.-Complete the basket with 5 Healthy Food (25%)

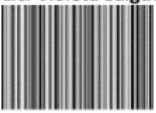


2.- ACTIVIDADES RELACIONADAS CON LA METACOGNICIÓN (60%)

N°.	PREGUNTA	RESPUESTA	PUNTAJE
1	¿De qué manera le ayudó el proyecto "Cuido mi cuerpo me alimento saludablemente" en su vida cotidiana?		2 puntos
2	¿Cómo implementaría usted una campaña de alimentación saludable en la Institución Educativa cuando retorne al colegio?		2 puntos
3	¿Qué compromisos he hecho después de haber completado el tercer proyecto?		2 puntos
TOTAL			6

AUTOREGULACIÓN CUALITATIVA (El señor y señorita estudiante debe marcar con una X según corresponda)

PREGUNTA	SIEMPRE	A VECES	NUNCA
¿Comprendí el significado de la lectura y su mensaje?			
¿Mejore mi pronunciación y el uso herramientas digitales en el aprendizaje del idioma inglés?			

Elaborado por Docente:	Revisado por Director/a Comisión Técnico Pedagógica	Validado por la Junta Académica	Aprobado por Vicerrectorado:
Lic. María Elena Avilés Lic. Violeta Salguero Msc. Janneth Armas Firma: Lic. Violeta Salguero  Lic. María Elena Avilés	Lic. Msc. Janneth Armas Firma:  Fecha: 22/01/2022	Lic. _____ Firma: _____ Fecha: _____	Lic. Cecilia Guadalupe MSc. Firma: _____ Fecha: _____



Msc. Janneth Armas



Fecha: 22/01/2022