



IDIOMA: Inglés CURSO: Level I AÑO: 2020 TEACHER: Miss Roxana

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## Let's begin!

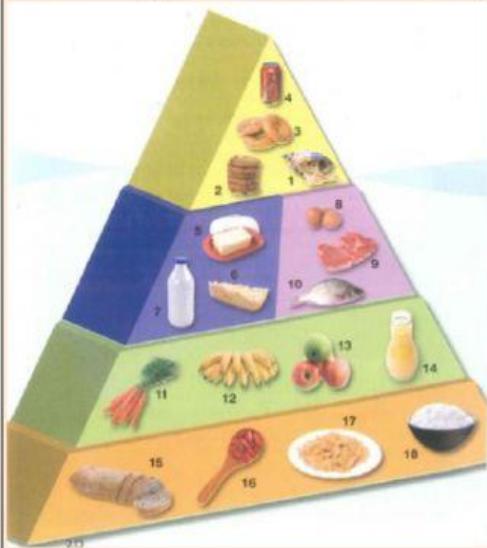


### I. Reading

**1) Read this article and then answer true (T) or false (F):**

#### **The Healthy Eating Pyramid**

The food pyramid shows different groups and food choices that form the basis of a healthy diet. This is true when the correct serving sizes are used. The food pyramids places food items in categories, such as fats, oils and sweets (yellow group); dairy products (blue group); meat, poultry, fish and eggs (purple group), fruit and vegetables (green group) and bread, cereal, rice and pasta (orange group). According to the food pyramid, we should try to eat every day at least the minimum number of serving from the five food group illustrated in the chart. It is one way for people to understand how to eat healthily. Basing our choices on the food pyramid can definitely contribute to eating well and feeling well too. The basic principle of the food pyramid is to eat lots of the green and orange groups, some of the blue and purple groups and not much of the yellow one. This chart also helps us to understand that we should eat a variety of food items to get the nutrients we need and, at the same time, the right amount of calories to maintain a healthy weight. We can very easily visualize the quantity of food in each group that we must eat in order to stay healthy. Generally speaking, the key to a well-balanced diet is to enjoy a wide variety of high quality food items that include fruit and vegetables.



(Adapted from [www.gymnasticsstuff.com/eat\\_healthy\\_article.htm](http://www.gymnasticsstuff.com/eat_healthy_article.htm))

1. The food pyramid is a chart to help us eat healthily.
2. To eat healthily, there is no need to eat some food items every group.
3. A healthy diet includes lots of the food items in the green and orange groups.
4. Varied good quality food items, fruit and vegetables are important in healthy diets.

## II. Grammar and Use of English

### 2) Complete with **a / an, some or any**:

- 1 A: - I'd like to have .....chocolate cookies, please.  
B: - How many would you like?
- 2 My brother doesn't eat.....meat. He's a vegetarian.
- 3 I usually eat.....toast and jam for breakfast.
- 4 A: - Do we have .....margarine at home, dear? How much?  
B: - Yes, we do. We have two tubs.
- 5 My parents never drink.....coffee or tea.
- 6 I'd like to have .....big Caesar salad and .....apple pie for dessert.

### 3) Then circle the correct answer:

- a) My brother eats **much / lots of** chips.
- b) Do you drink **much / many** water at school?
- c) I generally don't eat **any / many** fruit.
- d) I eat very **few / little** meat. My cholesterol level is high.
- e) There are very **few / little** pizza places in the city centre.
- f) A: - How **much / many** sugar do you take in your tea?  
B: - Just **a few / a little**, please.
- g) How **many / much** calories should we eat per day to stay healthy?
- h) The takeaway is almost empty. There are **a few / few** people buying food today.

### 4) Write U (Uncountable) or C (Countable) next to the following words.

E.g. meat **U**      mouse **C**

1- Video- games \_\_\_\_\_ 2- computer \_\_\_\_\_ 3- orange \_\_\_\_\_  
4- players \_\_\_\_\_ 5- shops \_\_\_\_\_ 6- butter \_\_\_\_\_  
7- fruit \_\_\_\_\_ 8- cereal \_\_\_\_\_ 9 – rice \_\_\_\_\_  
10- coffee \_\_\_\_\_

## 5) Choose

### III. Vocabulary

**6) Read these blog comments. Write the highlighted words below the corresponding pictures:**

## Weird and Unusual Food

**What's the most bizarre food you know?**

"Apparently in Mexico, fried grasshoppers or 'chapulines' are popular. They are very healthy because they have lots of protein." *Tom, USA*

"Here in the region of Santander, Colombia, we eat ants. They're good. You fry them, add salt and then serve them like peanuts. In fact, they taste a bit like peanuts too!" *Javier, Colombia*

"In Vietnam, fried scorpions are served in some restaurants. Yuck! Some people say they taste good, but I didn't want to try them!" *Anna, Hong Kong*

"In Korea, live octopus is a delicacy. People say it tastes good, but you have to chew it well. If you don't, it can get stuck in your throat and you die!" *Colin, UK*

"In France they eat snails so when I was in Paris I decided to try them and I liked them! The texture is a bit weird, but to my surprise, they were delicious!" *Juliana, Brazil*

### 7) Use the words in the box to complete these sentences:

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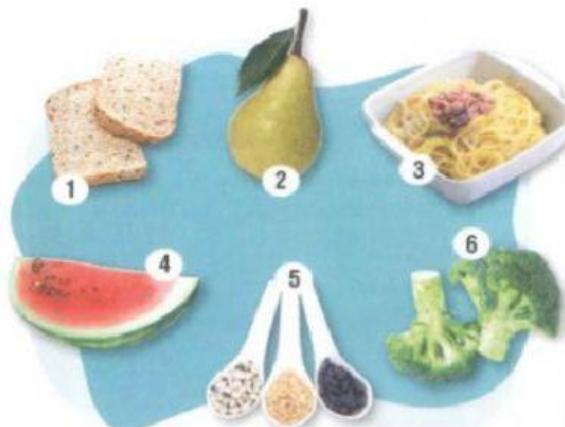
difficult healthy have unhealthy lots food thirsty hungry habits like

- 1 I'm really <sub>[1]</sub> ..... I want to <sub>[2]</sub> ..... something to eat.
- 2 Joe's diet is very <sub>[3]</sub> ..... He only eats junk <sub>[4]</sub> .....
- 3 It's <sub>[5]</sub> ..... to establish healthy eating <sub>[6]</sub> .....
- 4 She's <sub>[7]</sub> ..... She'd <sub>[8]</sub> ..... something to drink.
- 5 My diet is very <sub>[9]</sub> ..... I eat <sub>[10]</sub> ..... of fruit and vegetables.

### 8) Match five of the items on the list to the pictures:

Examples of portions:

- ( ) a large slice of watermelon
- ( ) a piece of fish
- ( ) two pieces of broccoli
- ( ) two slices of wholemeal bread
- ( ) a bowl of cereal
- ( ) a medium pear
- ( ) three spoonfuls of beans
- ( ) a tray of spaghetti

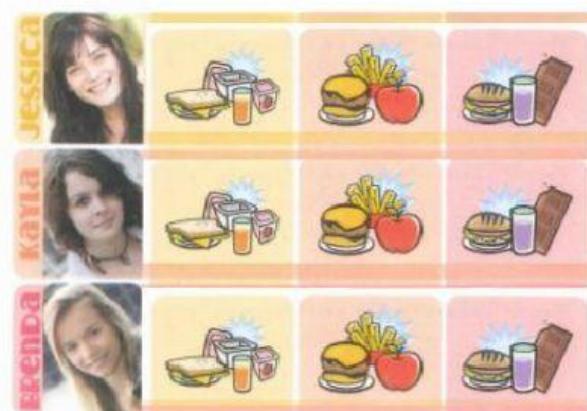


9) **Complete the sentences using slices(s) of, bowl(s) of, piece(s) of or spoonful(s) of:**

- a) Lindsay always has two ..... bread in the morning.
- b) Mary has a ..... honey before breakfast.
- c) David has a large ..... cereal in the morning.
- d) My sister loves fish: she often has three ..... salmon for lunch.

#### IV. Listening

10) **Listen to Jessica, Kayla and Brenda. Choose the menu they usually have at their school cafeteria:**



11) **Jerry Carter, a teenager with skin problems, is talking to his mother. Listen and fill in the blanks with only one word.**

**Mrs Carter:** - Here you are! I made this especially for you.

**Jerry:** - Mmm. Spaghetti with meat sauce...my favourite! Thanks, Mum.

**Mrs Carter:** - Would you like broccoli?

**Jerry:** - Broccoli? No, thanks.

**Mrs Carter:** - But you have to eat (1).....

**Jerry:** - I know, but I don't want (2)..... broccoli. It's (3).....!

**Mrs Carter:** - Well, how about some carrots then?

**Jerry:** - Okay. Carrots aren't too bad.

(some time later...)

**Mrs Carter:** - Would you like some dessert now?

**Jerry:** - Yes, please! What is there for dessert?

**Mrs Carter:** - Well, there are (4)..... of things. You can have an apple, an (5)....., a (6)..... of watermelon...

**Jerry:** - Oh, Mum. You can't call that dessert. I'd like **7** ice cream or brownie.

**Mrs Carter:** - Ok, but don't complain to me about your acne any more! You know sugar is not good for you!

**Jerry:** - I know, I know.

## V. Writing

12) You and your friends went to a concert (last night, last year, last summer, etc.). Write about the experience, the singer(s), song(s) you liked / disliked, type of music, people. How did you get there? Where was it? When? How much did the ticket cost? Did you enjoy it? Was it a good or bad concert? What did you eat and drink? Etc. (write about 100- 150 words)

