

Self-Study Guide #1 for 11-5 grade April



Unit 1 :Love what we do!

School Name: Liceo de San Roque
Subject: English. Level: 11th

Teacher: Karen Cubero Viquez

Cellphone 88550664

email: karen.cubero.vique@mep.go.c

Esta guía se realizará del 5 al 11 de Abril en la medida de las posibilidades. Recuerde que si tiene dudas puede contactar al docente a través de Teams o el día martes donde se aclararan dudas. Puede contestarla en liveworksheets o en tareas en Teams.

Persona estudiante: _____ Sección: _____

Subgrupo: A ☐ B ☐ C ☐

Tipo de escenario: Virtual ☐ Presencial ☐ Mixto ☐

Número telefónico: _____ Correo electrónico: _____



1. Me preparo para hacer la guía/ Getting ready to do my self-study guide

Pautas que debo verificar antes de iniciar mi trabajo. /Aspects to verify before I start working:

Materiales o recursos que voy a necesitar/ Materials needed	<i>Suggested materials:</i> • Notebook, pencil, pen, eraser, highlighters, etc. • Self- study guide #1 for 11th grade • Computer & Internet access if possible
Condiciones que debe tener el lugar donde voy a trabajar/ Conditions of the place to work	• Work in a place where you do your assignments and homework daily.
Tiempo en que se espera que realice la guía/ Expected time to work this self-study guide	• This self-study guide will take you 80 minutes to be completed.



2.Voy a recordar lo aprendido en clase. Recalling what I learned in class.

Indicaciones / Instructions	<i>Dear student,</i> The following tasks will help you to reinforce and review information related to Unit #1: Love What We Do! Ingredients for Healthy Living, Add a Pinch of a Positive
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	<i>Attitude, Follow the recipe: a Plan for success, Give me a Taste: Stories of Successful People, however the goals of this Self- Study Guide are included at the end of this document, in the rubric: "Nivel de Desempeño" / "Performance Level".</i>
Actividad / Activity Preguntas para reflexionar y responder Questions to reflect on and answer	<i>Think about the following questions:</i> 1. What means having a healthy lifestyle? 2. What makes people successful? 3. Who is a successful model for you? 4. What would you do to have a successful future?



3. Pongo en práctica lo aprendido en clase / Putting into practice what I learned in class.

Indicaciones / Instructions	Task 1: Listen to the recording "A HEALTHY LIFESTYLE". Use this link: https://www.esl-lab.com/intermediate/healthy-lifestyle/ Write the letter in the blank or line. Ind.L.1 - The man wants to ... ☐ A. join a soccer club ☐ B. run a mountain marathon ☐ C. try out for the company basketball team. - The woman is worried that ☐ A. her husband's health isn't good. ☐ B. the man works too much. ☐ C. her husband is becoming a fitness freak. - First, the woman suggested that her husband... ☐ A. visit with a fitness trainer. ☐ B. start with light workouts. ☐ C. see a doctor. - Her husband should... ☐ A. consume less salt. ☐ B. eat more protein. ☐ C. eat less fatty foods. - The man's wife recommended cycling because it ... ☐ A. helps develop mental toughness. ☐ B. is good for improving muscle tone. ☐ C. helps strengthen the heart.
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Task #2: READING

A. Look for the meaning of new words from the word bank below.

B. Read the passage and fill in the blanks using the words from the given word bank. *Ind. R.2*

- attacks - chemicals - cholesterol - diet - disease - doses - effects - energy -

- healthy - heart - mood - physical - pressure - protect - reduce - reward - weight

Scientists around the world agree that the key to staying 1. _____ and keeping fit is to eat less and do 2. _____ exercise such as walking or cycling. However, people who exercise too intensively often 3. _____ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them 4. _____ for the next workout. To avoid gaining 5. _____, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat 6. _____ may be good for your waistline, but research suggests it may have negative psychological 7. _____. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad 8. _____.

Many of us already know that drinking coffee raises your blood 9. _____ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular 10. _____ of chemicals turned out to be more aggressive than others. On the other hand, chemicals found in tea can 11. _____ the risk of 12. _____ and have a positive effect on 13. _____ levels and high blood 14. _____.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that 15. _____ of chocolate can not only put you in a good mood but also 16. _____ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of 17. _____ disease.

Source: <https://www.english-practice.at/b1/vocabulary/language-in-use/liu004-heal>

Task 3: Grammar (Second Conditional) Annex 1

Complete the second conditional sentences with correct form of the verbs in parenthesis.

1. If I _____ (be) a couch potato, I _____ (watch) series on Netflix all day long.

2. Paul _____ (drink) more water if he _____ (know) its benefits for the body.

3. If we _____ (eat) more healthy foods, there _____ (be) less obesity in this country.

4. If Jenny _____ (do) more exercise, she _____ (feel) more energetic.

5. Paul and Linda _____ (go) to the gym together if they _____ (have) similar schedules.



	Annex 1 If Clauses - Type 2 (If clause + main clause) Condition If + past simple , would + infinitive If + past simple , modal + infinitive Result Examples - If I had a lot of money, I would travel the world. - If she studied hard, she could pass the exam. - If I were you, I would stop smoking. - If I felt better, I would go out for dinner. englishingeneral.com
Indicaciones o preguntas para auto regularse y evaluarse / Instructions or questions for self-regulation and self-assessment	Review the following questions to self-regulate and self-assess: Did I read the instructions carefully? Did I underline the words that I didn't understand? Did I use a dictionary or asked a relative about the meaning of the words that I didn't understand? Did I read the instructions again when I didn't understand what I had to do?

Con el trabajo autónomo voy a aprender a aprender/
With the self-study guide, I'm going to learn how to learn.

Reviso las acciones realizadas **durante** la construcción del trabajo. /
I check the actions carried out while completing the self-study guide