

Lengua adicional inglés

Ejes: • Instancias de reflexión. • Ámbitos de uso de la lengua adicional.
Capacidades: • Aprendizaje autónomo. • Comunicación
• Análisis y comprensión de la información. • Trabajo colaborativo.

Objetivos: Comprender textos escritos y orales. Producir textos escritos. Realizar funciones comunicativas.
Contenidos curriculares: Lectura, escucha y escritura de textos directivos. Invitar. Expresar gustos y preferencias. Dar y seguir instrucciones. Pedir y ofrecer ayuda.

Why is it important to have a healthy diet?

Before you start, answer the following questions: and tick ✓ your answers

Think about the food you eat every day.
Do you think you have a healthy diet? Yes No
What about the snacks you have at school?
Are they healthy? Yes No
What kind of food do people your age need to be healthy?



Pista: Recordá que al final de la ficha encontrarás la **clave de respuestas** de las actividades para revisar tu trabajo.

Pista: Para resolver la actividad 1 te sugerimos seguir los siguientes pasos: 1) **Escribí las palabras que conocés** debajo de cada imagen 2) **Tratá de deducir** el significado de las palabras que no conocés comparando las imágenes y los ejemplos que te damos como referencia 3) Si después de seguir estos pasos te quedan algunas palabras por conocer su significado, **consultá los diccionarios** al final de la actividad 1.

- Here are some healthy ingredients that you can use to prepare yummy recipes. Match pictures (a-h) with these words/phrases: **orange juice and apple juice - raspberries - blackberries - strawberries - oats - nuts - almonds - raisins.**



a. raspberries



b. _____



c. _____



d. nuts



e. _____



f. _____



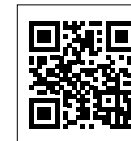
g. _____



h. _____



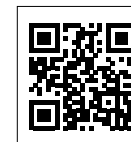
WordReference Dictionary
<https://bit.ly/2QJ3Ahu>



Cambridge Dictionary
<https://bit.ly/3HUI5qk>



Macmillan Dictionary
<https://bit.ly/3xRbTyk>



Collins Dictionary
<https://bit.ly/3OuEZKL>

Escaneá estos códigos para acceder a los contenidos.





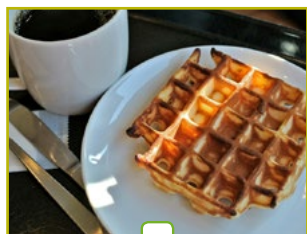
Pista: A continuación vas a trabajar con un video. El trabajo está organizado en una serie de actividades para que puedas interactuar con el video de distintas maneras con el fin de facilitar su comprensión. Asimismo, también podrás desarrollar distintas **estrategias de comprensión oral**, por ejemplo, activación de conocimientos previos, identificación de información general o específica, etc. Recordá que no es necesario que conozcas el significado de todas las palabras del video para comprenderlo. **Focalizá tu atención** en identificar las **palabras clave** que necesitás para resolver las actividades.

2. You're going to watch a video called *Healthy Recipes with Gordon Ramsay*. Before you watch the video, match these words with the correct definitions below: **waffle - smoothie - muesli** (Source: Collins Dictionary)

- a. is a breakfast cereal made from chopped nuts, dried fruit, and grains.
- b. A is a thick drink made from crushed fruit, sometimes with yoghurt or ice cream added.
- c. A is a kind of square cake made of batter* with squares marked on it.

*a mixture of flour, eggs, and milk, used to make pancakes or to cover food before frying it (Source: Cambridge Dictionary)

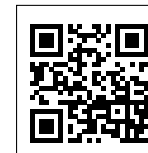
3. Now match the words in **bold type** from **activity 2** with the following pictures. Then tick ✓ your favourite food option/s.



a. _____ b. _____ c. _____

Gordon Ramsay is a famous Scottish chef who lives in the USA. Here is an interesting video called *Healthy Recipes with Gordon Ramsay*. Scan the QR code to watch the video.

Healthy Recipes With Gordon Ramsay
Gordon Ramsay
<https://bit.ly/3OxPBs0>



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4. Watch the first recipe from the video and choose the correct option (**a**, **b** or **c**) to complete the sentences below. Watch the video from **0:00** to **3:00**.

1. In the first part of the video, Gordon Ramsay gives instructions to prepare
 - a. waffles b. smoothies c. muesli
2. Gordon Ramsay says that his breakfast is perfect because
 - a. it has got lots of vitamins and minerals
 - b. it is very crunchy and tasty
 - c. it tastes incredible and makes you feel fantastic

5. Watch the video from **0:00** to **3:00** again and tick ✓ the ingredients that you need for the first recipe.

- yoghurt milk orange juice apple juice oats
 raisins almonds nuts blackberries
 raspberries bananas strawberries

6. Test your memory! Try to complete the instructions for the recipe with the correct words from **activity 5**. Then watch the video from **0:00** to **3:00** one more time to check your answers.

Start the day with a yummy and healthy breakfast!

1. Put the **a.** _____ in a bowl.
2. Pour the **b.** _____ in the bowl and mix it with the **c.** _____.
3. Sprinkle the **d.** _____ and mix all the ingredients.
4. Get a dry pan and put it on the burner.
5. Toast the **e.** _____ on the pan.
6. Add the **f.** _____ on top. You can also add **g.** _____ or **h.** _____.
7. Sprinkle over your nice **i.** _____.



Enjoy your breakfast!



7. Read this statement by Gordon Ramsay: "A healthy diet is an important one, but we're pretty relaxed about it. My philosophy is simple: try and eat less of the bad stuff and eat more of the good stuff." What do you think of his philosophy for a healthy diet? Would you follow his advice? Why? Why not?
8. Juan is a fan of Gordon Ramsay. He wants to invite his best friend, Andy, to try the muesli recipe. Read the following dialogue and complete their WhatsApp conversation with the missing parts.

Would you like to come to my house today? - Can you help me with the maths homework? - Do you like yoghurt? - Why don't you come at 7.00? - Thanks for the invitation

Juan: Hi! Are you there?

Andy: Right here. What 's up?

Juan: **a.**? And blueberries? And oats?

Andy: Yeah... I love eating yoghurt, but I don't like blackberries much. I prefer raspberries. Why?

Juan: I want to try a muesli recipe by Gordon Ramsay. **b.**? We can watch some movies tonight and tomorrow we can prepare the recipe together for breakfast.

Andy: That sounds great! **c.**

Juan: You're welcome. **d.**? Is that OK?

Andy: Perfect! But before watching movies, I need a favour from you. **e.**? I need to complete some exercises and I'm finding them a bit difficult.

Juan: Sure, no problem! See you at 7:00.

Before you finish

Get into groups and answer this question: Why is it important to have a healthy diet? Then write a recipe for a healthy smoothie or waffle.



Further practice

Here are 5 easy recipes to prepare healthy meals for your lunchbox. Read the different options and decide which recipe you prefer. Then say why you like that one.

Lunchbox mains
BBCgoodfood
<https://bit.ly/3xMKUUp>



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Keys for correction: **1)** a. raspberries b. oats; c. blackberries; d. nuts; e. orange juice and apple juice; f. almonds; g. strawberries; h. raisins **2)** a. muesli; b. smoothie; c. waffle **3)** a. waffle; b. smoothie; c. muesli; **4)** a. muesli; c. it tastes incredible and makes you feel fantastic **5)** yoghurt; apple juice; oats; almonds; blackberries; raspberries; strawberries **6)** a. yoghurt; b. apple juice; c. yoghurt; d. oats; e. almonds; f. blackberries; g. raspberries; h. strawberries; i. almonds **8)** a. Do you like yoghurt? b. Would you like to come to my house today? c. Thanks for the invitation d. Why don't you come at 7:00? e. Can you help me with the maths homework?