

2020



# MODULO LENGUA EXTRANJERA-INGLES GRADO 8°

**GUÍAS Y TALLERES DE LENGUA EXTRANJERA - INGLES PARA EL GRADO OCTAVO 8°**

DOCENTE: MARGARITA TRUJILLO PÉREZ.



Dirección: Carrera 50 No. 51-92 Teléfono: 551-02-13, 551-53-09 Barrio Santo Tomas -  
Guarne – Antioquia. [inmaculadaguarne@gmail.com](mailto:inmaculadaguarne@gmail.com)

MODULO LENGUA EXTRANJERA-INGLES GRADO 8°

GRADO  
8°

## GUIA #1

<b>EJE TEMATICO</b>	Vocabulary about eating disorders. Vocabulario acerca de desórdenes alimenticios.
<b>OBJETIVO.</b>	Ampliar el vocabulario relacionado con el tema de la salud y en especial con los desórdenes de alimentación.
<b>EVALUACIÓN</b>	Prepare a formal presentation about a specific eating disorder including definition, causes, symptoms, treatment. / Debes preparar una exposición a cerca de un desorden alimenticio incluyendo la definición, las causas, síntomas y tratamiento, para lo cual te puedes apoyar en ayudas digitales o imágenes de revistas en una cartelera. Además hacer un listado de 25 palabras acerca del tema y memorizarlas junto con su significado.
<b>CONTENIDO</b>	<p>A continuación, verás información que te ayudará a identificar las oficinas u organizaciones encargadas de atender los casos mencionados en las siguientes preguntas.</p> <p>It is the International Week of Eating Disorders at Kennedy School. The school has created a webpage to inform students about the activities. Read the webpage and answer questions a–d.</p> <ul style="list-style-type: none"><li>a. There’s a health fair at the school. When is it? From 2nd to 9th June.</li><li>b. Where can you find information about being overweight in Colombia?</li><li>c. Where can you find information about the symptoms of anorexia?</li><li>d. How can you contact a health specialist?</li><li>d. How can you contact a health specialist?</li></ul> <p style="text-align: center;"><b>School International Week of Eating Disorders</b></p> <p><b>HEALTH NEWS</b> Health Ministry reports half the population of Colombia is overweight. Do you often have headaches? Do you feel low in energy? Are you worried about obesity? Get a health check! Read more: <a href="http://Colombianews.com">Colombianews.com</a></p> <p><b>Doctor speaking!</b> What is an eating disorder? Talk to the health specialist! Telephone: 364-555-896</p> <p><b>HEALTH CHECKLISTS</b> Not sure if your friend has an eating disorder? Use these checklists to find out. Helping you prevent: Anorexia, Bulimia, Binge-eating</p>



**Join us! Show you care!**

Health Fair 2nd–9th June

Special events! Healthy recipes! Active life workshops!

Talks, competitions, concerts ... and more!

**EATING DISORDERS – REAL STORIES!**

Read Claudia and Nicolás’s stories about recovering from eating disorders.

**The Digital Storytelling Project**

Share your personal stories to work out problems together.

**ACTIVIDAD**

Look at the poster. Match the photos (a–e) with the phrases.

a)



b)



c)



d)



e)



eats in secret

eats too little

worries too much about their weight

can't control their eating

vomits after eating



## Eating Disorders – Important Signs For:

1. Look at the information about eating disorders, and complete the sentences with the correct disorder.

<b>Anorexia</b>	<b>Bulimia</b>	<b>Binge-Eating</b>
<ul style="list-style-type: none"> <li>. eating very Little food</li> <li>• having an obsession with losing weight</li> <li>• severe weight loss and very low body weight</li> </ul>	<ul style="list-style-type: none"> <li>. binge-eating followed by frequent trips to toilet to vomit</li> <li>• having an obsession with body weight.</li> <li>• exercising too Much</li> </ul>	<ul style="list-style-type: none"> <li>. eating in secret</li> <li>• having no control of how much food he/ she eats</li> <li>• gaining weight or obesity</li> </ul>





1. Lately, Jenny has lost a lot of weight. She hardly eats any food because she thinks she is fat, but in reality she is very skinny. Maybe she suffers from \_\_\_\_\_.

2. Maria Paola has put on weight lately, I don't think she can control what she eats. I often see her eating in secret when she thinks no one is watching. I think she suffers from \_\_\_\_\_.

3. Tomás is really thin, but he eats a lot. In fact sometimes he eats so much food that he feels uncomfortable. I have also noticed that he always goes to the toilet a couple of times after eating. It is possible that he suffers from \_\_\_\_\_.







## GUIA #2

<b>EJE TEMATICO</b>	Adverbios de frecuencia
<b>OBJETIVO.</b>	Repasar el uso de los adverbios de frecuencia, empleando para ello información relacionada con sus actividades
<b>EVALUACIÓN</b>	Completa la encuesta acerca de tus hábitos alimenticios, luego se la aplicas a tres miembros de tu familia y estás listo para presentar las respuestas obtenidas.
<b>CONTENIDO</b>	<p><b>STUDENT NUTRITION SURVEY</b></p> <p><b>1. How often do you eat breakfast?</b></p> <ul style="list-style-type: none"> <li>a. I always eat breakfast.</li> <li>b. I sometimes skip breakfast and I feel very hungry during the morning.</li> <li>c. I never eat breakfast because I never feel hungry very early in the morning.</li> </ul> <p><b>2. How much do you eat?</b></p> <ul style="list-style-type: none"> <li>a. I eat regular portions. If I feel full, I stop eating.</li> <li>b. I eat a lot. I am never full.</li> <li>c. It depends. I eat small portions but I'm always eating.</li> </ul> <p><b>3. How many glasses of water do you drink a day?</b></p> <ul style="list-style-type: none"> <li>a. I drink 3–4 glasses.</li> <li>b. I drink 1 or 2 glasses.</li> <li>c. I never drink water.</li> </ul> <p><b>4. What kind of food do you prefer?</b></p> <ul style="list-style-type: none"> <li>a. I like fresh food like fruit and vegetables.</li> <li>b. I like snacks like biscuits and potato crisps.</li> <li>c. I like fast food like hot dogs and pizza at weekends.</li> </ul> <p>Look at the check-up questionnaire. Label the photos (a–h) using phrases from the Word Bank.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>a)</p> </div> <div style="text-align: center;">  <p>b)</p> </div> <div style="text-align: center;">  <p>c)</p> </div> <div style="text-align: center;">  <p>d)</p> </div> </div>



**MODULO LENGUA EXTRANJERA-INGLES GRADO 8°**

<b>CONTENIDO</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>e)</p> </div> <div style="text-align: center;">  <p>f)</p> </div> <div style="text-align: center;">  <p>g)</p> </div> <div style="text-align: center;">  <p>h)</p> </div> </div> <p><b>QUESTIONARIE</b></p> <p>1. How often do you get a headache? A. usually B. often C. sometimes, D. a few times E. a year, F. never.</p> <p>2. When was the last time you got a headache? A. a few days ago, B. last week C. last month</p> <p>3. What did you do? A. I stayed in bed and relaxed.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p style="text-align: center;"><b>WORD BANK</b></p> <p><b>to have/get:</b></p> <table style="width: 100%;"> <tr> <td>a headache</td> <td>stay in bed and relax</td> </tr> <tr> <td>toothache</td> <td>take a home remedy</td> </tr> <tr> <td>a stomach ache</td> <td>visit the doctor/dentist</td> </tr> <tr> <td>a cold</td> <td>take some medicine</td> </tr> <tr> <td></td> <td>bed and relax</td> </tr> </table> </div>	a headache	stay in bed and relax	toothache	take a home remedy	a stomach ache	visit the doctor/dentist	a cold	take some medicine		bed and relax
a headache	stay in bed and relax										
toothache	take a home remedy										
a stomach ache	visit the doctor/dentist										
a cold	take some medicine										
	bed and relax										

<b>ACTIVIDAD</b>	<p><b>Apply the survey to some (4) MEMBERS OF YOUR FAMILY.</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 20%;">How often do you....</th> <th style="width: 15%;">USUALLY</th> <th style="width: 15%;">SOMETIMES</th> <th style="width: 15%;">FEW TIMES</th> <th style="width: 15%;">ONCE A YEAR</th> <th style="width: 15%;">NEVER</th> </tr> </thead> <tbody> <tr> <td>Visit the dentist?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Get a headache?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Have a toothache?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Have a stomach ache?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Stay at home and relax</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Visit the doctor?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Take medicines?</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	How often do you....	USUALLY	SOMETIMES	FEW TIMES	ONCE A YEAR	NEVER	Visit the dentist?						Get a headache?						Have a toothache?						Have a stomach ache?						Stay at home and relax						Visit the doctor?						Take medicines?					
How often do you....	USUALLY	SOMETIMES	FEW TIMES	ONCE A YEAR	NEVER																																												
Visit the dentist?																																																	
Get a headache?																																																	
Have a toothache?																																																	
Have a stomach ache?																																																	
Stay at home and relax																																																	
Visit the doctor?																																																	
Take medicines?																																																	



**MODULO LENGUA EXTRANJERA-INGLES GRADO 8°**

<b>EJE TEMÁTICO</b>	Comprensión lectora acerca de la salud. Uso del pasado simple.
<b>OBJETIVO.</b>	Comprender ideas principales y secundarias de un texto partiendo del conocimiento de vocabulario empleado previamente y algunos verbos en pasado simple.
<b>EVALUACIÓN</b>	Leer cuidadosamente el texto y estar preparado para dar respuesta a las preguntas planteadas acerca de este.

<b>CONTENIDO</b>	<p>En el siguiente texto encontrarás los siguientes verbos, los cuales en pasado simple se conjugan así:          Feel: sentir. did not feel, Start: comenzar. Started, decide: decidir, decided, realice: notar, realized          Pass: pasar. passed continue: continuar, continued. Have: tener, had.          Avoid: evitar, avoided          This text describes how Claudia recovered from an eating disorder. Complete the text with the Past simple form of the verbs (a–i).</p> <p>A few years ago Claudia (not feel) a _____ good about her body shape and her weight.          She (decide) b _____ to go on a diet without any specialist help.          Time (pass) c _____ and Claudia (continue) d _____ eating less and less food.          She (start) e _____ to feel really bad.          She also (avoid) f _____ her friends when they (have) g _____ plans to go out. Claudia (feel) h _____ really lonely.          But one day, Claudia had to go to the hospital. Fortunately, Claudia got medical help. When her mother came to the hospital, Claudia (realize) i _____ that she was not alone.</p>
------------------	--

<b>ACTIVIDAD</b>	<p>Read carefully the article . As you read, match each paragraph (1–4) with one of the questions (a–d).</p> <p style="text-align: center;"><b>Eating Disorders</b> by Angie Roa</p> <p><b>PART 1</b></p> <p>1. _____          An eating disorder is a serious illness. It is characterized by extreme and dangerous eating behaviour. This can have very serious physical and psychological consequences. This illness affects all kinds of people: young and old, men and women, rich and poor. It is often difficult to know when someone has an eating disorder – you can’t always tell by looking at them.</p>
------------------	---



2. \_\_\_\_\_

Health specialists are not completely sure about the causes of many eating disorders. There are many different reasons, such as bad eating habits, family history, attitudes and emotions, a person's income, and even where they live. However, some things are clear: eating disorders are mainly the result of unhealthy eating habits, the desire for an ultra-thin body and very low self-confidence.

**PART 2**

3. \_\_\_\_\_

It is very difficult to find out if a person has an eating disorder. However, some typical symptoms include losing or gaining weight drastically, vomiting, excessive fatigue and emotional distress. In addition, some typical behaviour includes paying excessive attention to body weight and shape, not sleeping well, getting stomach aches and avoiding social situations, especially for eating out.

4. \_\_\_\_\_

Fortunately, it is possible to treat most eating disorders if they are diagnosed in time. People can be helped if they accept that they have an eating disorder, and get the necessary nutritional and psychological treatment. People with eating disorders should learn to eat well, change bad eating habits and get help from their family. They should also accept their bodies the way they are.

**In conclusion**, eating disorders are complex illnesses, but treatment is possible. However, people need a trained health specialist to diagnose and treat these disorders.

**QUESTIONS:**

a. What kind of treatment does a person with an eating disorder need? \_\_\_\_\_

\_\_\_\_\_

b. What is an eating disorder?

\_\_\_\_\_

\_\_\_\_\_

c. What causes eating disorders?

\_\_\_\_\_

\_\_\_\_\_





d. What are some symptoms and behaviour?

\_\_\_\_\_

\_\_\_\_\_

**Match the questions with the one-word paragraph headings. Then note down the main ideas in each paragraph. Complete the missing information.**

**1.**

Introduction \_\_\_\_\_

\_\_\_\_\_ ?

**2.**

Causes \_\_\_\_\_

\_\_\_\_\_ ?

**3. Symptoms**

\_\_\_\_\_ ?

**4.**

Treatment \_\_\_\_\_

\_\_\_\_\_ ?