



INSTITUCIÓN EDUCATIVA NUESTRA SEÑORA DE LA CANDELARIA
 (Antes Colegio Nacionalizado Mixto Nuestra Señora de la Candelaria)
 Creado por Decreto Municipal # 004 de 1965 y Aprobado Mediante Resolución 9086
 de diciembre 1 del /93 y las Resoluciones Departamentales 0179 de 1° de abril de 2005
 y 002810 del 05 de Julio de 2013
 Con reconocimiento Oficial Autorizado para Ofrecer los Niveles de Pre-Escolar,
 Educación Básica Primaria y Educación Media.
 Registro DANE: 127073000041 y NIT: 900069490
 Departamento del Chocó: Municipio de Bagadó



GUÍA DE APRENDIZAJE PARA ESTUDIANTE N°5 IDENTIFICACIÓN INSTITUCIONAL

| | | | | | |
|--|------------------------|--|---------------------------------------|---------------------------|------------|
| Nombre del EE: | | INSTITUCIÓN EDUCATIVA NUESTRA SEÑORA DE LA CANDELARIA | | | |
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| Nombre del Estudiante: | | | | | |
| Área | HUMANIDADES- inglés | Grado: | 8° | Período | TERCERO |
| Duración | 15 DÍAS | Fecha Inicio | 06/08/2020 | Fecha Finalización | 20/08/2020 |
| DESARROLLO DE LOS APRENDIZAJES | | | | | |
| TEMATICA PARA EL DESARROLLO DE LOS APRENDIZAJES | | MÓDULO 2 –Health Issues "I am interested in my health" | | | |
| COMPETENCIAS | | Comunicativa, sociolingüística y pragmática. | | | |
| OBJETIVOS | | <ul style="list-style-type: none"> Conocer a cerca de los hábitos saludables en inglés. Reconocer prácticas positivas y negativas de la salud en inglés Aprender el vocabulario de salud en inglés | | | |
| DESEMPEÑOS | | <ul style="list-style-type: none"> Diferencia el vocablo de salud en inglés. Pronuncia términos de salud en inglés. Contextualiza el léxico de salud en su vida cotidiana. | | | |
| CONTENIDOS | | <p>HEALTH ISSUES PROBLEMAS DE SALUD</p> <p>Un problema de salud es todo aquello que requiere, o puede requerir, una acción por parte del agente de salud.</p> <p>La salud en Colombia presenta una evaluación negativa, debido a varias situaciones, entre las cuales algunas merecen unos breves comentarios:</p> | | | |



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- (a) La corrupción generalizada
(b) La injusticia e inequidad biológica, social, económica y política,
lo cual ha generado los más altos índices de pobreza en el país.

Para algunos la crisis en la estructura de la salud en el país obedece a la falta de voluntad política para tomar decisiones de fondo.

ENGLISH VOCABULARY **Health Problems** **Woodward's ENGLISH**

What's wrong? What's the matter?
I have...

| | | | |
|--|--|--|--|
|  asthma |  a backache |  a broken leg |  a cold |
|  a cough |  an earache |  a fever |  the flu |
|  a headache |  heartburn |  (the) measles |  a rash |
|  a sore throat |  a stomachache (US) a stomach ache (Brit) |  sunburn |  a toothache |



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ACTIVIDADES DIDÁCTICAS,
TALLERES O

ESTRATEGIAS DE
AFIANCIAMIENTO

Look at the poster. Match the photos a-e with the phrases.



- eats too little
- eats in secret
- worries too much about their weight
- can't control their eating
- vomits after eating

Do you care about your friends?
 These are some symptoms or signs of a possible eating disorder. If your friend ...

a. eats in secret
 b. _____
 c. _____
 d. _____
 e. _____

... he/she may have an eating disorder!

Look at the check-up questionnaire. Label the photos (a-h) using the phrase from the word bank.

How often do you get a headache?
 usually often sometimes
 a few times a year never

When was the last time you got a headache?
 a few days ago last week last month

What did you do?
 I stayed in bed and relaxed.



Word Bank

to have/get:
 a headache stay in bed and relax bed and relax
 toothache take a home remedy
 a cold visit the doctor/dentist
 a stomach ache take some medicine



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Ask about the experiences express conditions and make suggestions

Example:

A: How are you today?

B: I feel under the weather.

A: You should eat more. If you eat more, you may feel better.

- Student A: You often get ill. You eat very little.
Student B: Express a condition. Make suggestions.
- Student A: You have a toothache.
Student B: Express a condition. Make suggestions.
- Student A: Ask some questions about habits and experiences.
Student B: You are a patient at a doctor's office. Express conditions.



Write » This text describes how Claudia recovered from an eating disorder. Complete the text with the Past simple form of the verbs (a-i).

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.

Speak » Discuss the questions about Claudia's story with a partner.

- What caused her eating disorder?
- What did she do to deal with her problem?
- How did the eating disorder affect her?
- What kind of eating disorder do you think she has?
- What will happen if she doesn't talk to her mother?

Read » Look at the word cloud. What is the topic of the article you are going to read?

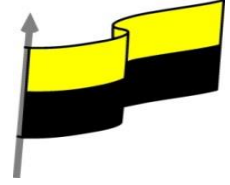


Study Tip

Use word clouds to identify key words in a text. Key words will tell you the most important ideas in a text. In a word cloud, the bigger the word, the more important the idea.



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Work with two members your family, member A read the part 1 of article, member B read the part 2 of article, as you read, match each paragraph (1-4) with one of the question (a-d)

- What kind of treatment does a person with an eating disorder need?
- What is an eating disorder?
- What causes eating disorders?
- What are some symptoms and behaviour?

Eating Disorders by Angie Roa

PART 1

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.

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.

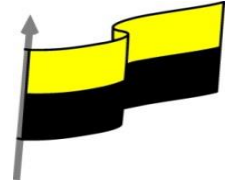
In conclusion, eating disorders are complex illnesses, but treatment is possible. However, people need a trained health specialist to diagnose and treat these disorders.

6. Write » Match the questions from exercise 5 with the one-word paragraph headings. Then note down the main ideas in each paragraph. Ask your partner for the missing information.

- | | |
|------------------------|---------------------|
| 1. Introduction _____? | 3. Symptoms _____? |
| 2. Causes _____? | 4. Treatment _____? |



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3. Write »

Look at the pairs of pictures. For each pair, write a sentence about the symptoms of an eating disorder and what can happen.



4. Read »

Number the conversation in the correct order.

- 1 Dentist: Omar, be honest with me, please!
Do you have an eating disorder?
- ___ Dentist: Yes, but if you have an eating disorder and you vomit all the time, you will get very ill.
- ___ Dentist: Yes, I can see your teeth are in bad condition because you vomit a lot.
- ___ Omar: Well, I vomit, but I brush my teeth three times a day.
- ___ Omar: Yeah, I worry a lot about my weight. So I vomit a lot. And I have toothache.
- ___ Omar: It's true. What should I do?

| | |
|-----------------|--|
| Quite well | |
| With difficulty | |

| | |
|--|--|
| I can recognize negative health practices. ✓ | |
| Very well | |
| Quite well | |
| With difficulty | |

| | |
|---|--|
| I can describe symptoms of eating disorders and express conditions. ✓ | |
| Very well | |
| Quite well | |
| With difficulty | |

Look at the pictures relating to dishes from Australia, Japan and Colombia. Label the ingredients with the words in the work bank.

meat pie **baked**

"nikuman" **garlic** **steamed**

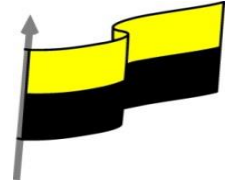
empanada **fried** **baked**

Word Bank

| |
|-------------|
| onions |
| minced beef |
| flour |
| potatoes |
| oil |
| salt |
| ketchup |
| pork |



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Read this nutrition advice. Complete the text from the word bank

Word Bank
 bread, cereals and potatoes meat and eggs fats and sugary food
 fruit and vegetables dairy products

THE FIVE FOOD GROUPS

Make sure to include carbohydrates like ¹_____ because this food group provides energy for our bodies.

You can get protein from ²_____.

Limit your consumption of ³fats and sugary food.

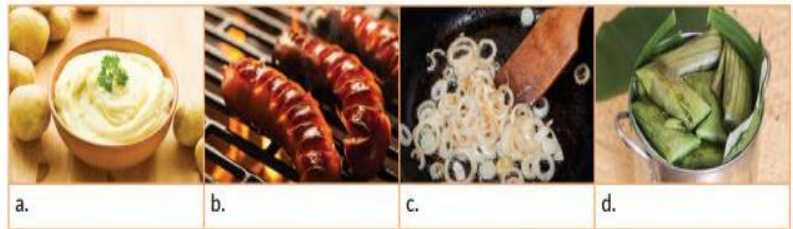
Don't forget to drink lots of water.

Include ⁵_____. They give your body protein, vitamins and minerals. Choose low-fat cheese and milk.

Eat plenty of ⁴_____. They provide vitamins and minerals. Try to eat a variety of both.

Mach the photos with the food from of word bank

Word Bank
 grilled sausages fried onions steamed corn dough mashed potatoes



4. Speak » Make a list of typical Colombian dishes. Take turns to describe the food to your partner.

What's an empanada?
 It's a kind of bread made with corn and filled with beef or chicken.

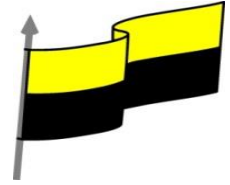


Useful Expressions
 It comes with ...
 It's made with ...
 It's a kind of ...
 It's filled with ...

Study Tip
 The names of some traditional food cannot be translated. Instead, you can describe them.



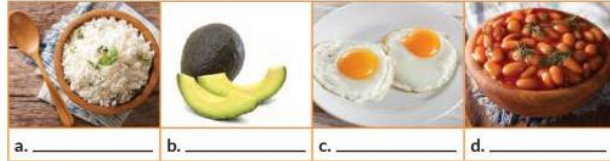
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5. **Speak** »

Look at the ingredients of a famous Colombian dish. Match the photos with the words from the Word Bank. What dish is it? Which two ingredients are not shown in the photos?

Word Bank
avocado beans rice minced beef fried egg



PROCESO DE EVALUACIÓN

- ¿Conoces los algunos problemas de salud?
- ¿Qué problemas de salud considera que usted tiene?
- ¿Para qué nos sirven las comidas saludables?
- ¿Elabore un vocabulario en inglés de la temática vista
- ¿Piensa usted que el desarrollo de esta temática fue importante para su vida diaria?