



PROGRAMA NACIONAL DE INGLÉS

Cuaderno de Actividades





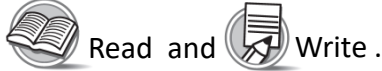
Word Bank

How What When Where Why

1. _____ is your favorite food?
2. _____ do you eat fruit?
3. _____ is it important to eat healthy?
4. _____ often do you eat junk food?
5. _____ do you exercise?



Identify the Main Idea



*Identify the main idea of each paragraph.

Main Idea Bank

Eat a perfect meal.

Healthy food for students.

1.

At our school we are committed to helping care for our students health. We would like to find out more about what you think and how we can implement a program with healthy food for students at school.

2.

Always try to eat a perfect meal. What's your perfect meal? It needs to have all the nutritional ingredients. The human body needs a balanced diet to function properly. This makes sure your body grows, heals and maintains a healthy weight.



Are questions that have several options to choose from.

Are questions that are answered with short answers, usually yes/no.

Are questions that are answered in your own words, to express opinions or ideas.

1.

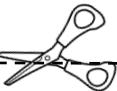
2.

3.

Close- ended questions.

Multiple choice questions

Open- ended questions.





Read,



Unscramble and



Write.

1. you / Do / milk / like

_____ ?



2. is / exercise / important / Why / to / it

_____ ?



3. vegetables / How / you / often / eat / do

_____ ?



4. kind / What / fruit / of / you / like / do

_____ ?





More about Questions

Activity

5



Read and



Match.

1. When to eat vegetables?
- a. never
 - b. sometimes
 - c. daily

2. It is not healthy to drink water.
True or False

3. Meat and fish are in the _____
group.

4. How many times a week should you
exercise?

- *Fill in the blanks*
- *Matching*
- *Multiple choice*
- *True or False*



Read ,



Circle and



Write .

Exercise #1: read and circle the correct answer.

Healthy Eating Questionnaire

1. Which of these is the healthiest breakfast?
a) Yogurt and fruit. b) Boiled eggs and toast. c) Bacon and egg sandwich.
2. Which of these has the most calories?
a) A blueberry muffin. b) A fruit. c) Chocolate cake.
3. Do you think we should eat meat everyday?
a) Yes. b) No. c) It doesn't matter.
4. What is a healthy snack?
a) Candy. b) Cheese and bread. c) Fruit.

Exercise #2: read and write the correct answer.

1. What is the title of the questionnaire? _____.
2. What are the instructions?
_____.
3. What type of questions are they? _____.

Classify the Questions



Read and



Underline.

1. Do you eat healthy food?

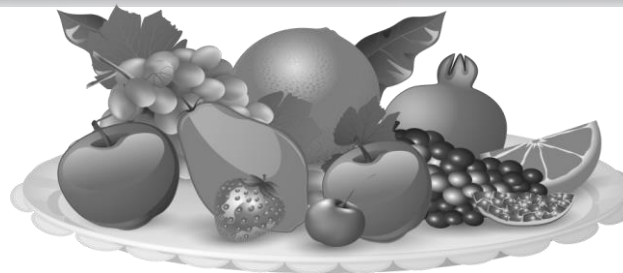
Open-ended/ Close-ended

2. How often do you eat junk food?
a.) always b.) sometimes c.) never

Multiple choice/ Close-ended

3. How can you improve your
eating habits?

Open-ended/ Close-ended





Read,



Write and



Complete.

*Use the information from the chart to answer the questionnaire.

Food Group	Nutrition	How much should we eat a day?
Fruit and vegetables.	Vitamins, minerals and fiber.	Five portions.
Carbohydrates.	Energy and fiber.	1/3 of everything we eat.
Animal products.	Protein.	2- 3 portions.
Milk and dairy food.	Calcium.	2- 3 portions.

Word Bank

How
What
Why
For protein
1/3 of everything we eat
Vitamins, minerals and fiber

1. _____ nutrition does eating fruit and vegetables give you?

A: _____.

2. _____ many carbohydrates should you eat every day?

A: _____.

3. _____ is it important to eat animal products?

A: _____.



Read ,



Cut and



Glue .

*To make your questionnaire, choose the answer that best suites the question and the picture, and glue everything on your notebook. You can play with your friends and family to see what their answers are.



Questions

1. What do you usually eat for breakfast?

2. What is your favorite food?

3. Do you eat vegetables?

4. Do you eat junk food?

Answers

No, I don't.

I usually eat cereal for breakfast.

My favorite fruit is apple.

Yes, I do.

Pictures

