



# ENGLISH

## Chapter 8 Session A

**1st**  
SECONDARY

**HEALTHY LIVING**  
**Simple Present**

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 **SACO OLIVEROS**



IN MY FREE TIME



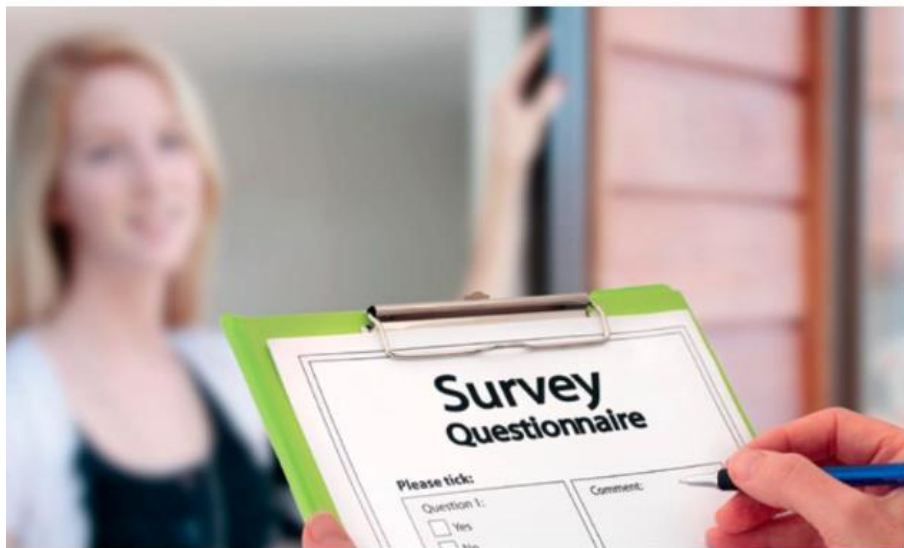
## SPEAKING

### A Survey on Healthy Food



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Listen and complete the dialogue.



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Good morning. Can you answer some questions for a survey on eating habits?

Sure.

Thank you. Do you eat a **healthy** food?

Yes, I do. My father cooks for the family and he only uses healthy ingredients.

Do you think it's important to have healthy eating habits? Why?



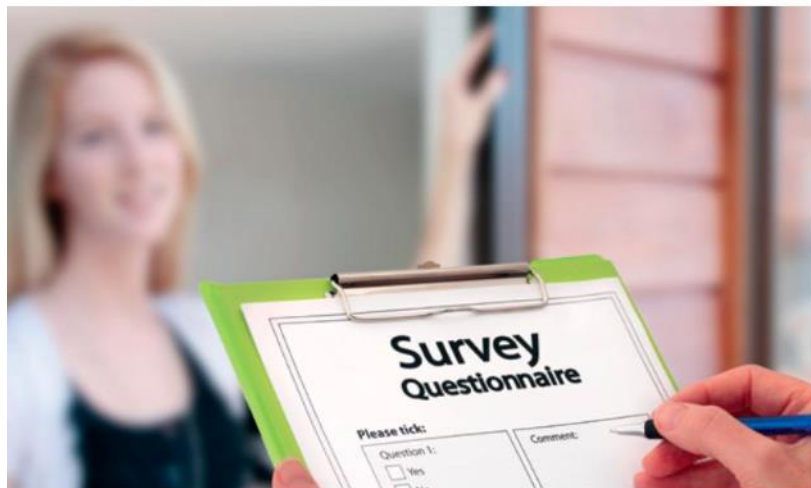


## SPEAKING

### A Survey on Healthy Food



Listen and complete the dialogue.



I think so, because the human body needs b nutrients to work well.

Does your family drink at least two liters of c water a day per person?

Humm... no, we don't, unfortunately.

Thank you very much.

You're welcome!



## FUNCTIONAL LANGUAGE

### Doing a Survey

#### Questions

Do you eat...?

Does your family...?

#### Answers

Yes, I do.

No, I don't.

I think so, because...

#### Finishing

Thank you very much.

You're welcome.

## Speaking Task

Prepare a survey on eating habits.

### Step 1

**First, look at the survey topics below and decide what you want to ask.**

#### SURVEY – EATING HABITS

- healthy food
- fruit
- vegetables
- meat
- milk
- water

## **Step 2**

**Formulate questions for the survey.**

*Do you eat healthy food?*

*Does your family eat fruit every day?*

**Think about the possible answers.**

*Yes, I do.*

*No, I don't.*

*I think so.*

## **Step 3**

**Write your dialogue.**

## **Step 4**

**Work in pairs. Take turns conducting your survey.**



### British Food

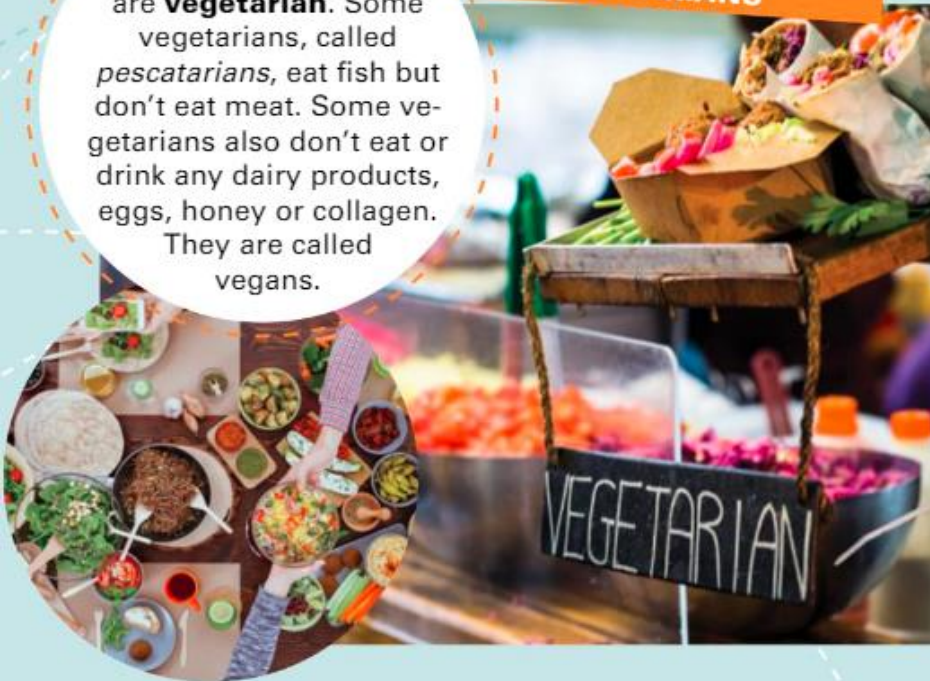
#### TRADITIONAL SUNDAY LUNCH



A **traditional British** family meal is a roast dinner. This is beef, lamb or chicken cooked in the oven. The meat is served with different vegetables and gravy.

#### VEGETARIANS

About four million British people are **vegetarian**. Some vegetarians, called *pescatarians*, eat fish but don't eat meat. Some vegetarians also don't eat or drink any dairy products, eggs, honey or collagen. They are called **vegans**.







INTERNATIONAL FOOD



The British love food from **all over the world**. They love spicy food from India like curries and Mexican food like fajitas. Chinese food such as fried rice is also very popular.




FISH AND CHIPS



**Fish and chips** are both a traditional dish and a popular kind of fast food in Britain. People buy them in a 'chippy' – a fish and chip shop.



## British Food

1  33 Read and listen to the information about British food. Then answer the questions.

a What meat and vegetables can you see in the pictures?

**Meat: beef, chicken, shrimp, vegetables, potatoes, peas, carrots, cucumber, tomatoes, onion, lettuce.**

b Where is fried rice from? China.

c What is a vegan?

**A person who doesn't eat or drink meat, fish, eggs, dairy products, honey or collagen.**

d What type of food is fish and chips? Fast food.

2 What traditional food do you eat in your country?  
Do you consider it healthy?

Personal answers.



**5** Complete the questions with *Do* or *Does*.  
Then match the questions with the  
short answers.

- a Do you drink coffee?
- b Does Ana eat cheese?
- c Do you and Josh like fish?
- d Do apples contain fiber?
- e Does Mr. Brown teach you?
- f Does the cake have eggs in it?

**f** Yes, it does.

**b** Yes, she does.

**c** No, we don't.

**d** Yes, they do.

**a** No, I don't.

**e** No, he doesn't.

- 6 Order the words to make questions.  
Then write short answers.

you and Sam / fast food / Do / buy ? (✓)

*Do you and Sam buy fast food?*

*Yes, we do.*

- a your parents / Do / soda / drink ? (X)

**Do your parents drink soda?**  
**No, they don't.**

- b pizza / Does / Italy / come from ? (✓)

**Does pizza come from Italy?**  
**Yes, it does.**

- c try / you / different vegetables / Do ? (X)

**Do you try different vegetables?**  
**No, I don't.**

- d Do / nuts / contain / the chocolates ? (✓)

**Do the chocolates contain nuts?**  
**Yes, they do.**





- 7 Complete the questions with the simple present form of the verbs in parentheses. Complete the short answers.



Ella Oh, no! It's fish for dinner tonight.

Max a **Do** you **hate**  
(hate) fish?

Ella No, I b **don't**. But I don't love it.

Max c **Does** your mom **Does**  
(buy) fish every week?

Ella Yes, she d **does**.

Max e **Do** you and your family  
**have** (have) a healthy diet?

Ella Yes, we f **do**. My mom  
thinks it's important. What about you?

g **Does** your dad **prepare**  
(prepare) healthy dinners?

Max No, he h **doesn't**. My dad  
doesn't like cooking.

**8** Write questions with the simple present.  
Then answer the questions for you.

**a** you / eat / fish ?

**Personal answers.**

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**b** your friends / drink / coffee ?

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**c** your teacher / like / cheese ?

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