



# ENGLISH

## Chapter 7 Session A

**1st**  
SECONDARY

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

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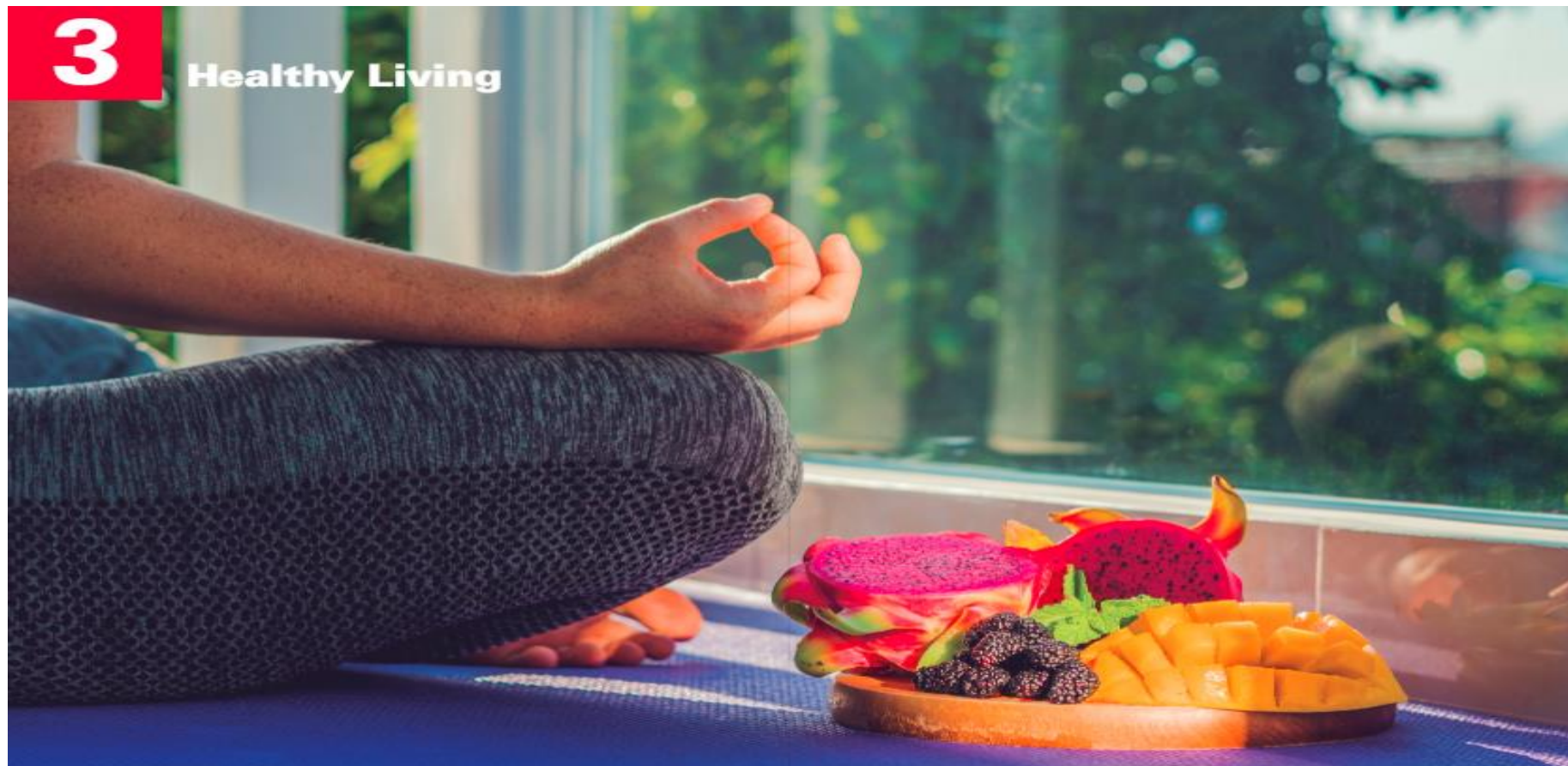


 **SACO OLIVEROS**



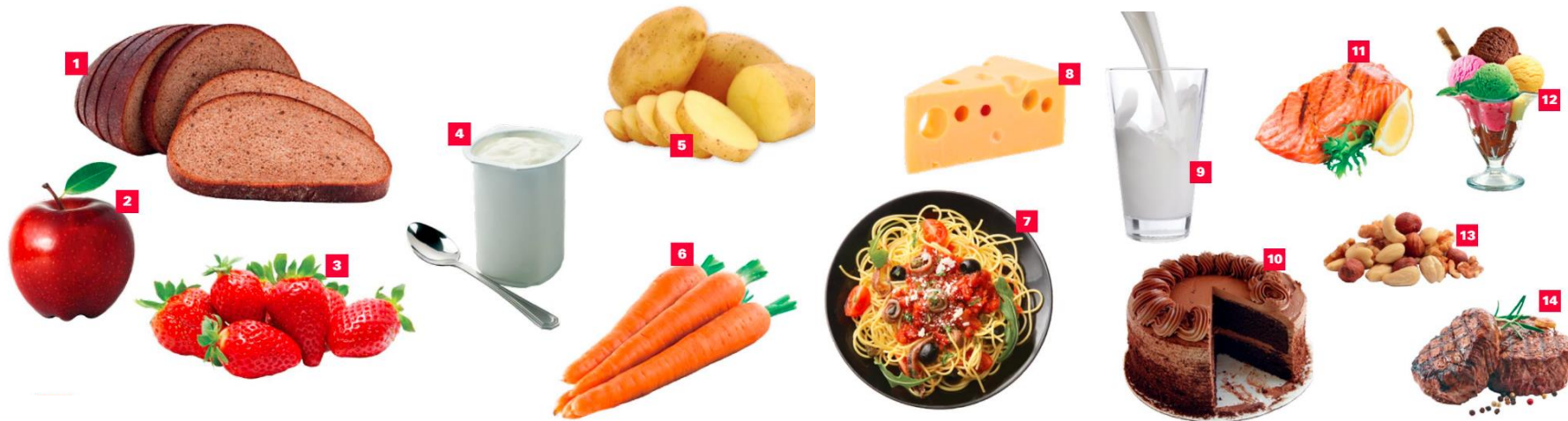
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## Healthy Living



1 Match pictures 1-14 with the words in the box.

apple 2 bread 1 cake 10 carrots 6 cheese 8 fish 11 ice cream 12  
meat 14 milk 9 nuts 13 pasta 7 potatoes 5 strawberries 3 yogurt 4



2  29 Listen and repeat.





- 3 Look at the *Eatwell Plate* infographic. Complete its description with the words and phrases in the box.

carbohydrates

dairy products

fat

fiber

protein

vegetables

## The Eatwell Plate



## A healthy diet consists of:

**33%**

fruit and

vegetables

, like apples or carrots – they contain a lot of b

fiber

and vitamins

**33%**

carbohydrates

, like potatoes and pasta

**15%**

Dairy

products

, like yogurt and cheese

**12%**

non-dairy sources of e

protein

, like nuts and fish

**7%**

food and drink high in f


fat

, like ice cream and cake



## READING 1

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- 1 Read headings A-E from a magazine article. Which ones do you think are true?
- 2  30 Read, listen and check your answers.

### READING STRATEGY

Before you read, look at the headings. They help you to get a general idea of the text.



## READING 1

## Food Myths

### A Carrots help us to see in the dark

Carrots contain beta-carotene, and our body converts beta-carotene into vitamin A. Vitamin A maintains our eyesight but it doesn't help our night vision.

### B An apple a day keeps the doctor away

This old myth isn't completely false. Apples contain antioxidants, and they help to protect our body's cells. Apples also contain natural sugars and are low in fat, so they're the perfect snack!

### C Eating fish makes you intelligent

Some scientists say this is true! Boys who eat fish every week do much better in intelligence tests than boys who don't eat fish regularly. Do you like fish?

### D Chocolate gives you acne

Chocolate contains antioxidants, so it doesn't cause acne. What's more, it contains a substance that helps people to relax. Stress causes spots and acne, so chocolate is good for you!

### E Pizza's bad for you

In fact, if you don't buy pizza in a store but you make it at home, it's very healthy! Home-made pizza contains fiber, vitamins, minerals, proteins ... perfect for young people!

**3** Skim the text and choose the correct option.

The article clarifies / reinforces food myths.



**4** Read and listen again. Match the columns to make sentences.

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- 
- a** Carrots are low in fat.
- b** Apples helps you to relax.
- c** Eating fish regularly a home-made pizza.
- d** Chocolate don't help you to see in the dark.
- e** There's fiber in helps your intelligence.

**5** Scan the text to answer the questions.

- a** Do carrots contain vitamin A? \_\_\_\_\_ **no**
- b** Do apples contain sugar? \_\_\_\_\_ **yes**
- c** What causes acne? \_\_\_\_\_ **stress**
- d** What kind of pizza is healthy? \_\_\_\_\_ **Home-made**

### READING STRATEGY

Sometimes words in English are similar to words in your language. Looking for these words can help you understand the text better. These words are called *transparent words*.

**6** Circle at least six words in the text that are similar to words in your language.

Personal answer

**1** Look at the picture and write the words.

- a ice cream
- b fish
- c cheese
- d milk
- e carrots
- f meat
- g nuts
- h pasta
- i yogurt
- j strawberries
- k cake
- l bread
- m potatoes
- n apples



**2** Complete the sentences with the words the box.

carbohydrates     ~~dairy products~~     fat  
fruit     protein     vegetables

Cheese and butter are dairy products.

- a** I love all fruit, especially strawberries.
- b** Ice cream has a lot of fat, but I like it!
- c** Bread and pasta both contain carbohydrates.
- d** Vegetables like carrots are very healthy.
- e** We get protein from food like meat and fish.

**3** Complete the sentences with some of the words from activity 1.

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- a Spaghetti and macaroni are types of \_\_\_\_\_  
pasta.
- b She's a vegetarian. She doesn't eat \_\_\_\_\_  
meat.
- c \_\_\_\_\_  
carrots are an orange vegetable.
- d *Manchego* is a \_\_\_\_\_  
cheese from Spain.
- e You use \_\_\_\_\_  
potatoes to make *tortilla*.
- f On Sundays I eat unhealthy food like ice cream and \_\_\_\_\_  
cake.



## 4 Complete the sentences for you.

- a** My favorite food is Personal answer.
- b** I eat Personal answer for breakfast.
- c** On Sundays I eat Personal answer.