

E.E.S.T 5

MATERIA: Inglés

Curso: 4to 1ra tecta

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ACTIVITY N°3

Para resolver las actividades te podés ayudar con un diccionario, formato papel u online, por ejemplo: www.wordreference.com. Act 1: escribir que contiene en cantidad cada alimento que está en la imagen, usando el vocabulario. Act 2: unir las palabras del lado izquierdo con su definición, luego subrayarlas en el texto. Act 3: Leer el texto y responder las preguntas. Act 4: Completar las oraciones con las frases que están arriba. Responder las preguntas personales en español.

A Healthy appetite?

1. Describe the food in the photo. What does each food contain a lot of?

Calories - carbohydrate - fat - fibre - protein - salt - sugar - vitamins

Hamburger:

Apple:

Coke:



A healthy appetite?

In Britain, school children usually have lunch at school, and recently the Government has encouraged schools to offer healthier food.

At the start of the autumn term, John Lambert, the head teacher at Rawmarsh Comprehensive School in Yorkshire, introduced healthier school meals that he says help the children to concentrate better. He also reduced the lunch break from one hour to thirty minutes, and banned children from going out to local takeaways during the break.

But two mothers, Mrs Critchlow and Mrs Walker, believe that the new rules don't give pupils enough choice or enough time to enjoy their lunch. So two weeks ago, they started passing burgers, fish and chips and fizzy drinks over the school fence. Soon, they were delivering up to 60 food orders!

Mr Lambert has described the two mothers as unwise, and said they were undermining the school and their children's education. He claims there have been improvements in behaviour and learning in the afternoons since the new healthy eating regime was introduced.

After a meeting with Mr Lambert, the two mothers have agreed to stop their deliveries while they try to resolve the problem. Speaking before their meeting, Mrs Critchlow argued that the children have the right to choose their food. 'We are not against healthy eating - it's about the freedom of choice.'

2 Match the words with the definitions. Then underline the text.

Banned.	a. a system of rule.
Undermining	b. To make someone less confident
Regime	c. the way a person acts
Takeaways	e. to prohibit something
Fizzy drinks	f. a meal that you buy in a restaurant
Behaviour	g. a sweet and carbonated drink
Unwise	h. Lack of common sense, foolish

3 Read the text and answer the questions.

- 1 When did the school introduce the new rules?
- 2 What has the school banned students from doing during lunch break?
- 3 Why are the two mothers unhappy about the new rules?
- 4 What did the mothers do after the new rules were introduced?
- 5 What are the benefits of the new regime, according to the head teacher?

4 Complete the sentences with the phrases.

HAS LAUNCHED - HAVE NEVER EATEN - HAVE CHANGED - HAS BANNED - HAD BEEN - HAS BEEN

- 1 The government _____ a campaign to promote a healthy eating.
- 2 The school _____ students from going out during lunch break.
- 3 Young people _____ their eating habits.
- 4 The Americans _____ notorious for eating hamburgers and fries.
- 5 I _____ insects in my life.
- 6 Lucy _____ vegetarian for three years.

5 Answer the questions in Spanish.

- 1 What foods should you reduce in your diet?
- 2 What foods should you have more in your diet?