MEDUCA

IPT MÉXICO-PANAMÁ

GUIDES OF WORKSHOP FOR THE REST OF THE SECOND TRIMESTER

GUÍA DE INGLÉSDEL TERCER TRIMESTRE 2022

11ª GRADES SCIENCE G

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FECHAS DE ENTREGA:

WORKSHOP COMPOSITION PERSONALITY AND TRAITS PRIMER DÍA QUE NOS VEAMOS EN EL SALÓN DE CLASES.

|  |  |
| --- | --- |
| WORKSHOP 3 y 4 | El primer día que nos veamos en clase |
| WORKSHOP 1, 2 ,5 | El día 15 de noviembre |
| WORKSHOPS 6, 7 y 8 | El día 12 de diciembre |
| Ejercicio sobre Healthy food | Segundo día que asistan a clases |
| ENTREGA DE TRABAJOS PENDIENTES (Favor presentar excusa de su acudiente que justifique la entrega tardía.) | Los días 16, 19 y 20 de diciembre |

TOPICS

Holidays around the world:  
-Religious/Popular/Traditional

Personality traits

The importance of  
healthy habits for self-  
caring.  
- healthy / junk food

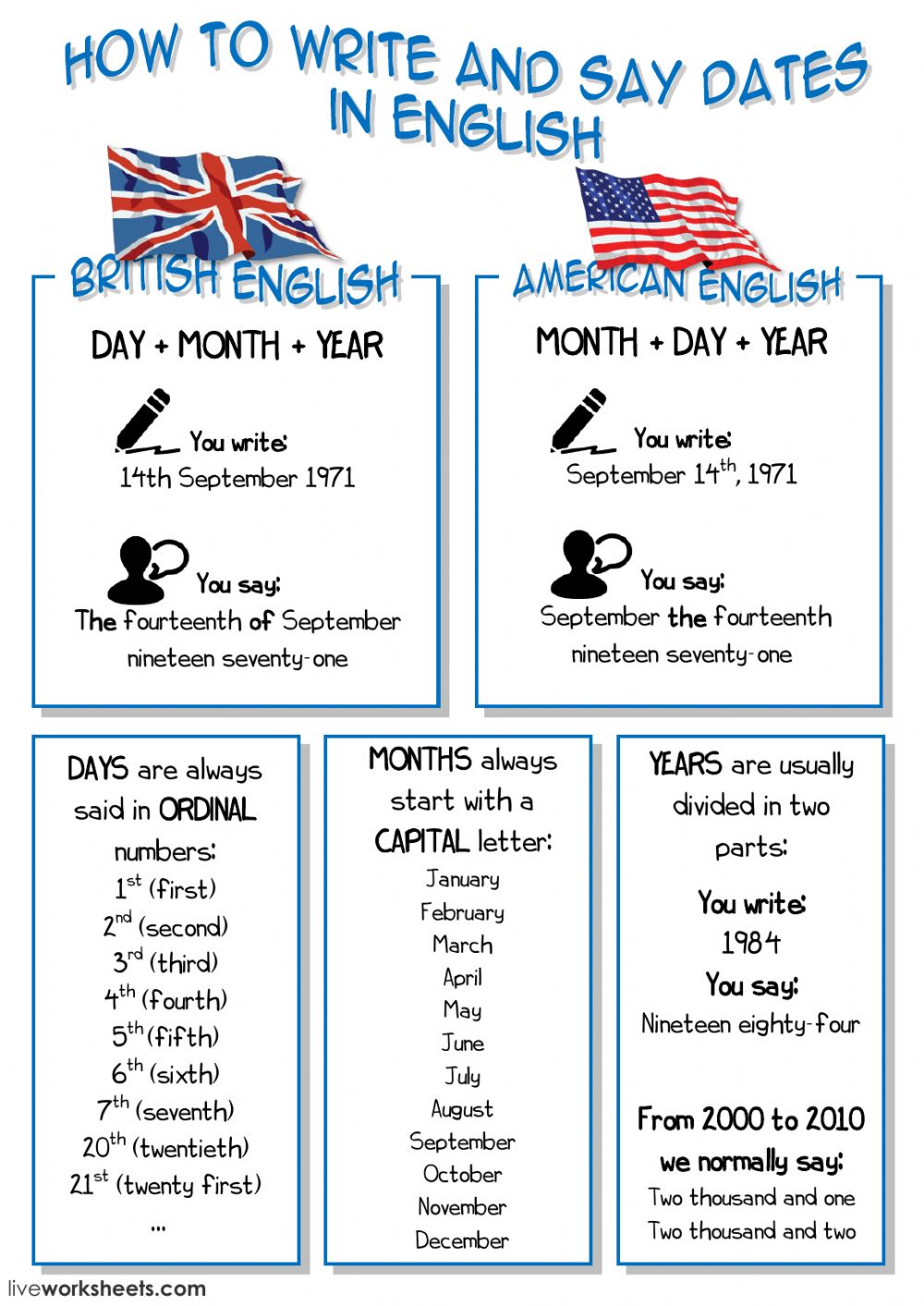
Exercise / sports and health

TOPIC

HOLIDAYS IN PANAMA AND AROUND THE WORLD

Review of writing dates –Repaso de como escribir fechas

|  |  |
| --- | --- |
|  | American English |
| numbers and letters | May 7, 2013 |



WORKSHOP NUMBER 1

Write in American English the dates when this International Holydays are celebrated, some are on lists below.

Escriba el nombre de 8 días festivos a nivel internacional. Abajo aparecen varios. Para los días festivos movibles escriba las fechas del presente año.

For example : Navidad = Christmas = December 25th

40 points ( 5 points each answer)

Año nuevo =

Víspera de año nuevo =

Día del trabajo =

Dia de San Valentín =

Viernes Santos=

Sábado de Gloria =

Domingo de Pascua =

Noche Buena =

Jueves Santo=

WORKSHOP NUMBER 2

OF THE LIST CHOOSE 8 DAYS THAT ARE JUST

HOLIDAYS IN PANAMA

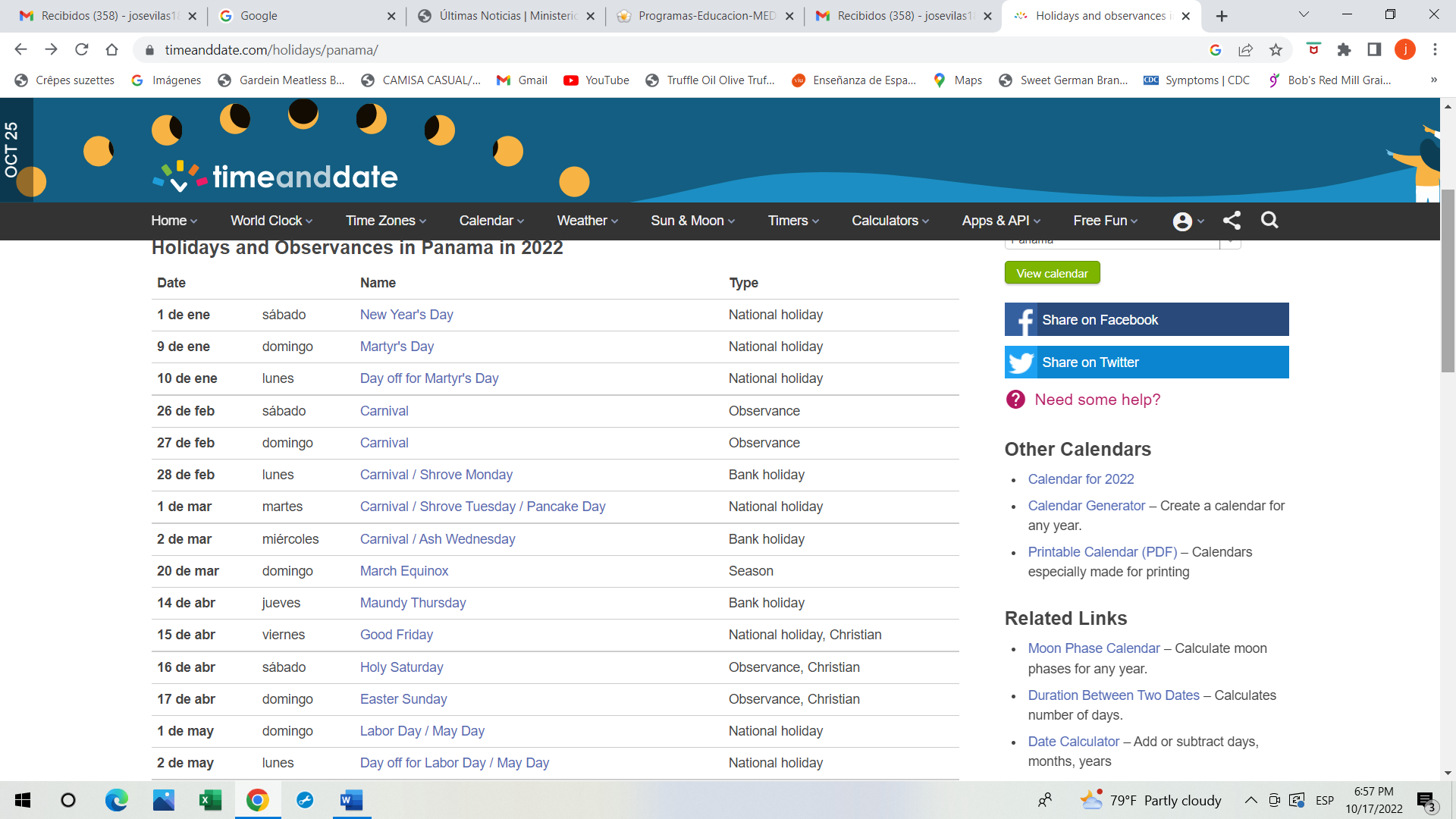
TRANSLATE THEN AND WRITE THE DATES

DE LA LISTA ESCOGE 8 HOLYDAYS QUE SON EXCLUSIVOS DE PANAMÁ Y ESCRIBE SU TRADUCIÓN Y CUANDO SE CELEBRAN

INCLUIR St. Christopher’s Day y el que puso de ejemplo

40 POINTS ( 5 POINTS EACH ANSWER)

For example: Marty`s Day= Día de los martires = January 9th



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TOPICS

PERSONALITY AND TRAITS



In the chart above there are some adjectives to describe your personality and traits, with this information you are going to do the next two workshops

WORKSHOP NUMBER 3

TRANSLATE 20 ADJECTIVES TO DESCRIBE PERSONALITY AND TRAITS FROM THE CHART BELOW

TRADUZCA 20 ADJETIVOS DEL CUADRO ANTERIOR PARA DESCRIBIR LA PERSONALIDAD

40 points ( 2 points each translation)

WORKSHOP NUMBER 4

WRITE A SMALL COMPOSITION ABOUT YOUR PERSONALITY AND TRAITS and TWO MEMBERS OF YOUR FAMILY

YOU CAN USE THE ADJECTIVE BELOW BUT ALSO OTHER ADJECTIVES.

REMEMBER TO USE CONNECTION WORD SUCH AS: BESIDES , ALSO , FURTHERMORE.

For example: I am fearless, and charming. Besides, I am …..

You need to use 5 adjectives to describe you and the other member of your family.

40 points

Remember to use good grammar and spelling because they will be taken into account for grading.

OBSERVACIÓN: ESTA WORKSHOP EN PARTICULAR SERÁ GUIADA POR EL TEACHER EN SU PRIMERA CLASE

Topic : HEALTHY FOOD

READING

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* **Make most of your meal** [**vegetables and fruits**](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/) **– ½ of your plate:**Aim for color and variety, and remember that potatoes don’t count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.
* **Go for** [**whole grains**](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/) **– ¼ of your plate:**Whole and intact grains—whole wheat, barley, wheat berries, [quinoa](https://www.hsph.harvard.edu/nutritionsource/quinoa/), [oats](https://www.hsph.harvard.edu/nutritionsource/food-features/oats/), [brown rice](https://www.hsph.harvard.edu/nutritionsource/food-features/rice/), and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.
* [**Protein power**](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/) **– ¼ of your plate:** Fish, poultry, [beans](https://www.hsph.harvard.edu/nutritionsource/legumes-pulses/), and [nuts](https://www.hsph.harvard.edu/nutritionsource/nuts-for-the-heart/) are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.
* [**Healthy plant oils**](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/) **– in moderation:** Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that [low-fat does not mean “healthy.”](https://www.hsph.harvard.edu/nutritionsource/2012/06/21/ask-the-expert-healthy-fats/)

[**Drink water, coffee, or tea**](https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/)**:** Skip sugary drinks, limit [milk](https://www.hsph.harvard.edu/nutritionsource/milk/) and [dairy products](https://www.hsph.harvard.edu/nutritionsource/dairy/) to one to two servings per day, and limit juice to a small glass per day.

WORKSHOP NUMBER 5

FILL IN THE BLANKS AND MAKE A LIST OF 10 HEALTHY FOOD AND TEN UNHEALTHY FOOD

40 POINTS ( THE FIIL IN THE BLANK IS 2O POINTS

AND THE LIST 20 POINTS)

1-NUTRIENTS PROVIDE \_\_\_\_\_\_\_\_\_\_\_\_\_ TO OUR BODY.

2. -OUR PHYSICAL FITNESS DEPENDS ON WHAT WE \_\_\_\_\_\_\_\_\_\_\_\_.

3.- THE STUDY OF NUTRIENTS IN OUR BODY IS

CALLED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. -GOOD EATING HABITS DEPEND ON EATING THREE\_\_\_\_\_\_\_\_\_\_\_\_\_ A DAY.

5.- CHANGING OUR EATING HABITS IS NOT\_\_\_\_\_\_\_\_\_\_\_

6- THE THREE IMPORTANT MEALS ARE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7- A QUARTER OF YOUR DISH SHOULD INCLUDE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8- HOW MUCH JUICE SHOULD YOU DRINK PER DAY\_\_\_\_\_\_\_\_\_\_\_

Name 10 healthy food and 10 unhealthy food AND THEN FILL IN THE BLANKS. The list is ten points and the fill in the blank values 30 points. Escribe 10 alimentos saludables ( healthy) y 10 no saludables ( unhealthy)

Y LUEGO LLENA LOS ESPACIOS DESPUÉS DE LEER LA LECTURA “HEALTHY EATING”

FOR EXAMPLE:

|  |  |
| --- | --- |
| HEALTHY FOOD | JUNK FOOD—UNHEALTHY FOOD |
| LETTUCE | CANDY |
| ORANGE | BACON |

EXAMPLE OF JUNK FOOD: Diagram

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WORKSHOP Nº6

(SCORE : 40 POINTS)

DRAW YOUR ON FOOD PYRAMID. INCLUDE 5 FOODs FOR EACH GROUP , SO THERE SHOULD BE 30 FOODS . DO NOT COPY/ PASTE OR USE A CUT ILLUSTRATION. YOU MUST DRAW YOUR OWN PYRAMID.

DIBUJE LA FOOD PYRAMID--INCLUYA 5 FOODS CON EL NOMBRE EN ENGLISH POR CADA GRUPO ( EN TOTAL SON 30 FOODS DIBUJADOS Y ESCRITOS EL NOMBRE Graphical user interface, application

Description automatically generatedNO PUEDES USAR FIGURAS DE INTERNET , NI DE LIBROS O REVISTAS Y RECUERDA ESCRIBIRLE EL NOMBRE A CADA UNO DE LOS 30 ALIMENTOS EN INGLÉS. ADEMÁS DE LOS NOMBRES DE CADA PARTE DE LA PIRÁMIDE: GRAINS, FRUITS, ETC.

Diagram

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REMEMBER THAT YOU MUST DO AND DRAW YOUR OWN FOOD PYRAMID.

RECUERDA QUE DEBES DIBUJAR TU PROPIA FOOD PYRAMID CON LAS INDICACIONES CORRESPONDIENTES

TOPIC

SPORT AND HEALTH

WORKSHOP NUMBER 7

UNSCRAMBLE THE SPORTS ,  DO THE MATCH THEN ANSWER THE TWO QUESTIONS.

DESENREDE LAS PALABRAS, POR EJEMPLO:

1- aolfblot  = football

2-bbaalelstk = basketball

Después, haga el match

Luego contesta las dos preguntas en inglés.

1- What sports do you like?

I like…...

2-Do you practice  any sport?

I practice…….

40 points ( 5 points each answer and 30 points the list sport activity)

Workshop Number 8

With the help of a dictionary and the guidance of the teacher try to understand the reading below and answer the true or false

This is a 40-point activity ( each answer is 5 points)

Remember to write your name and level on the page too

