

English Pedagogical Module 3

Do you like to go shopping?

Curricular Threads: Communication and Cultural Awareness,
Oral Communication, Reading, Writing, Language Through the Arts

Eighth Grade EGB



Let's buy...

Shopping is an activity most people enjoy. However, it is said women love shopping more than men, and there are studies that affirm women have a higher chance of buying than men. As the world develops, shopping has changed. Now, there are huge places to do shopping. In fact, Thailand has the biggest shopping center worldwide, and Canada has the coolest one. It has a decoration based on the Persian style. It even has two hotels in it and small places to hold events like expositions and concerts. In conclusion, who buys more is still in debate.



- Let's get some evidence on shopping. Ask your partner the following questions.
- What do you or your parents buy most often at a market? What is your favorite market or store?

Communication and Cultural Awareness

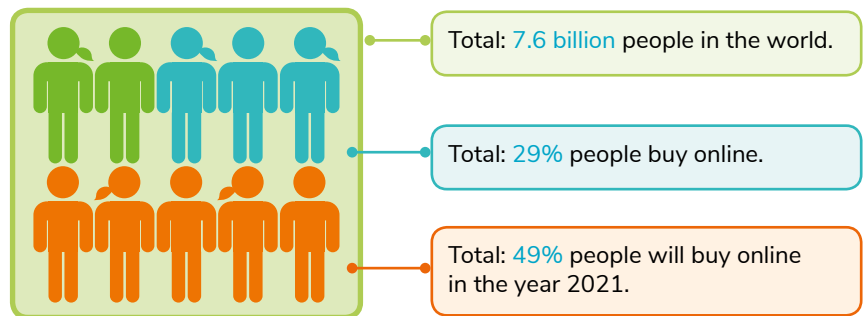
What products can you buy online? What have you bought online?



Buying Online

Nowadays, the way of shopping is changing. Many **customers** around the world prefer to shop on the internet. In fact, people in big countries like the United Kingdom or the United States **spend** more time shopping through computers. According to some studies, online **sales** are increasing from a 7.7% last year to a 8.8% this year. It sounds incredible, but it is real.

1. Look at the **infographic** and choose the appropriate answer.



• Amount of people worldwide that will shop online in 2021:

- a. ☐ 49 million people
- b. ☐ almost half of the total population
- c. ☐ 7.6 billion people

2. Put the correct amounts next to the sentences. Look at the highlighted numbers to help you.

a. Less than half are potential customers for the year 2021.

b. A lot of people are buying online nowadays.

c. All the people in the world.

Vocabulary

customer. buyer, a person that buys or purchases something

spend. use your money to buy something

sales. transaction

infographic. a graphic with information

3. In small groups, search for some information about Ecuador.

- How many people in Ecuador shop online?
- What are the most popular web sites used by Ecuadorians when shopping online?



Oral Communication

What do you wear at a party?

Teen Clothing

1. Listen to a couple of teenagers talk about what they like to wear at parties. Match the items to the teen.



Audio
Listen to the dialogue.

Tip

When you listen and there are words you cannot understand, copy them and try to **deduce** what they are. Or, ask your teacher to help you guess or understand the meaning.

2. Listen to other teens talking about their **outfits**. Then write their name under the corresponding statement.

a. I am very simple.

b. I like to feel comfortable.

c. My shoes must be a good **brand**.

d. I am always worried about my clothes.

e. The most important thing for me is not to repeat my outfit.

3. In your notebook or a piece of paper, draw your favorite outfit, then show it to your friend, describe it, and ask for his or her opinion.

Tip

You could ask: *Do you like it?, What do you think of it?, What do you like best about it?*



Vocabulary

deduce. to make a logical conclusion

outfit. the combination of clothes that someone wears

brand. a commercial name

suit. formal clothes for men

tie. fabric with a pattern men wear around their neck with suits

Reading

What things do you buy with your parents?

Value: Financial education

Always be careful with your personal and family finances. Overspending can cause serious financial problems.

Different Buyers

1. You may need to ask your parents or the person who goes shopping in your house to answer the following questions.

How often do you go shopping in a month?	How much do you spend on shopping every month?	If you see something nice when passing by, you...	Do you like bargaining?
a. once b. twice c. more than three times	a. more than \$50 b. more than \$150 c. more than \$300	a. just move on. b. do window shopping (observe, but don't buy anything). c. buy it.	a. yes b. sometimes c. no
a. If you have more a's, you are an educated buyer.	b. If you have more b's, you can control yourself from buying at times.	c. If you have more c's, you are an impulsive buyer.	d. If you have a little bit of everything, you are an average buyer.



Studies show that people like to buy things. Shopping is something necessary and it can cause different sorts of **behavior**. There are some people who shop when necessary. They are called "educated **buyers**." However, there are others who can't control themselves from buying. It is like a sickness or an addiction. They don't feel good if they don't buy something, even if they don't need it. They love shopping; these are called "**compulsive buyers**." Finally, there are some who need to buy things but don't have the **resources** to do it and they are excellent "**bargain hunters**." It means they get good things for very **reasonable** prices.

Whatever we want, need or have to buy, we must consider that every extreme is bad. It is important to be balanced in order to control the way we shop.

Vocabulary

behavior. a particular way of acting

buyer. person who buys

impulsive buyer. people who don't feel well if they can't buy things, even if they don't need them

resources. stock of materials

bargain hunter. person who looks for special prices

reasonable. acceptable

2. Read the text again and answer the questions.

a. How many kinds of buyers are there according to the text?

b. What happens to compulsive buyers if they don't shop?

c. Is it important to budget our money according to the text? Support your answer.

3. What do you think about shopping? What kind of things do you prefer to buy when you go shopping with your parents? Discuss with a partner.

Writing

Do you have a blog? Which blogs do you read regularly?

My Fashion Blog

1. Look at the picture on your right. What do you see? Do you feel identified with it? Discuss it with your partner.
2. Read the two blogs posts below. Notice the expressions in blue, what are they expressing?



I am Jane and I love shopping. My closet has different clothes and accessories. I go shopping every week. However, I don't have many shoes. I **would like** to have a pair of shoes for every outfit I have. I **would also like** to have purses. I'd **rather** have a trendy school bag than just a regular backpack. I'd **like** to go to Panama to buy lots of clothes, and referring to accessories I'd **love** to visit a Persian country to have some exotic ones.

I am Jack and I love accessories to look cool. I have lots of watches, but I don't have technological ones. I **would rather** have a **high tech** watch that works like a cellphone than mine which is just to make calls. I **would like** to have different watches with sophisticated technology. In fact, I **would love** to have one watch and one **cap** that match. When I travel, I like to wear caps, so I'd **also like** to have different colored caps. I'd **love** to have those new caps that include technology, too.

Tip

Make a first draft with all your ideas. Then, read it and re-write it making spelling, grammar or punctuation corrections. A third draft should be the final one double checking it expresses your ideas clearly and accurately.

Grammar Tip

would like ♥ / would love ♥♥	would rather... than...
It is used to indicate a wish or desire that you have.	It is used to indicate a preference.
Do you remember the genius from the lamp in "Aladdin"? The genius gives three wishes.	It is similar to "would prefer." To establish your preference, use than*
My wish = a high tech cell phone I would like/love to have a high tech cell phone. Or I'd like/love to have a high tech cell phone.	My preference = video games or board games I would rather play video games. *I would rather play video games than board games.

3. You are a very popular teenager. Write your own blog post about what you would like, would love or would rather have in your closet (clothing and accessories). You can take as examples Jane's or Jack's blogs. When it is ready, read it to the class. (40-50 words)

Introduction

Detail 1

Detail 2

Conclusion

Vocabulary

blog. online writing about a particular subject

high tech. with sophisticated technology

cap. a hat that protects you from the sun

Language Through the Arts

What is a tongue twister? How many do you know?



Tongue Twisters

She sells **seashells** on the **seashore**
The shells she sells are seashells, I'm sure
So if she sells seashells on the seashore
Then I'm sure she sells seashore shells.

Did you know that there is a great story behind this famous and funny **tongue twister**?

Many years ago, there was a woman called Mary Anning who used to search and sell seashells and fossils to get some money. At the time, these fossils and seashells were very appreciated where she lived. Her family used to **live on** that. One day, her father died and Mary had to support her family so she continued her job until the day she discovered great dinosaur **fossils**. Then she became one of the first paleontologists of the time. Her amazing story was the inspiration to create this tongue twister. What do you think?

Source: <https://www.bbc.co.uk/bitesize/topics/zd8fv9q/articles/zf6vb82>

1. Challenge!! Look at the following tongue twisters. Can you say both tongue twisters in a minute or less? Show how fast you are.

I saw Susie sitting in a shoe shining shop. Where she sits
she shines and where she shines she sits.



6

Sixth sick sheik's sixth sheep's sick.

Vocabulary

seashell. the cover of a marine mollusk

seashore. the limit of the water, the union of the water and sand

tongue twister. a sentence or phrase that is difficult to say or repeat, especially quickly

live on. money used to buy what you need

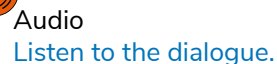
fossils. remains of bodies

2. Look for other tongue twisters in English and compare with a partner your discovery.

3. Why do you think tongue twisters are so difficult?

What is an allowance?

1. In small groups find out who receives an allowance.
2. Some people receive an allowance **per** week. Discuss if you think it is fair or not that parents give their children one.
3. Use your math ability to complete these exercises!
Listen to Julian talking about his weekly allowance and then, complete his allowance calculation.



\$ \times (days) = per week

- $$\begin{aligned} \$ 0,50 \times 12 \text{ (years old)} &= \$ 6 \text{ per week} \\ \text{ } \times \text{ } &= \$ 10 \text{ per week} \end{aligned}$$

You can say: *I think it is/
means..., I'm not sure what it is,
I have no clue/idea.*

-
- A young girl with long brown hair in pigtails, wearing a white collared shirt and blue denim overalls, is pointing upwards with both index fingers. She is looking up and to the left with a happy expression. To her left is a large grid of 10 columns and 10 rows of squares, totaling 100 squares. The grid is mostly empty, with only a few squares filled in the bottom row. The background is a light blue gradient.



budget. plan for spending money

Communication and Cultural Awareness



Social Studies

How often do you buy groceries?



Value: Health care

Drinking lots of water and eating nutritious and fresh food every day in the correct amounts is essential to keep a healthy and energetic lifestyle.

Vocabulary

grocery. food items from stores

meal. food eaten at breakfast, lunch, dinner

snack. small amount of food between main meals

noodles. pasta in small pieces

heat. to change from cold to hot

dairy products. products that contain milk like yogurt and cheese

Fresh Groceries

Ecuadorians have a variety of food. Most people in Ecuador buy groceries every two weeks or weekly. Most Ecuadorians eat their **meals** three times a day, and some **snacks** two times a day. The diet is balanced, however there is a big percentage of obesity among children.

Did you know that Italian people who eat pasta such as **noodles** or spaghetti, cheese and so forth don't have big problems with obesity? Experts explain that this is because they consume high percentages of carbohydrates, but they also eat them with salads. Besides, they shop for their groceries daily. They cook every time they need to eat. They don't **heat** food. Their food is always fresh. Maybe, that is why they don't gain a lot of weight!!

1. Make a list of the groceries your family buys for the week.

- _____
- _____
- _____

- _____
- _____
- _____

2. Now, classify the items above according to the following categories. Write some examples of each in the second column. When you finish, think of some dishes you like that have these products and compare with your partner. i.e. I love the fruit salad my mom makes with different fruits.

Categories	Examples
fruit	
vegetables	
meat	
dairy products	
carbohydrates	
others	

3. Do some research to complete the table below to find out how much your family spends on groceries monthly. Ask your parents and go to the store with them to buy groceries to get the answers.



Oral Communication



Social Studies

What groceries does your family buy at the market each week?

Groceries to Buy

1. Look at the picture. What do you see? Who and where do you think they are? What are they talking about? Discuss with your partner.



2. Listen to the discussion between a mother and a father. Select below what their situation is.

- a. ☐ good communication
- b. ☐ they don't have much money
- c. ☐ their children are **vegan**

3. Listen to the conversation again to complete the following sentences. Pay attention to the intonation in the questions.

- **Darling**, I don't know what to _____. Our children don't want to eat anything. You know what I **mean**?
- Ok, let's see, then let's buy some _____ like **lentils** for replacing the **protein**. Is that ok?
- What about the money? We can't just buy _____ they ask for, we don't have a lot.
- Then, I don't _____!! What do you think we should do?

4. Write 2 yes/no questions and 2 wh-questions to practice falling and rising intonation. Draw the arrows as in the examples. Practice with your partner.

• _____

• _____

• _____

• _____

Value: Financial education

Children must be understanding of their parents when they go shopping. Buy only what is necessary and do not be too demanding!



Audio

Listen to the dialogue.

Grammar Tip

Yes/no questions have **falling** intonation. i.e.

Are you sure?

Wh-questions have **rising** intonation. i.e.

Where are you?



Vocabulary

vegan. person who doesn't eat meat

darling. a beloved person

mean. to want to express

lentils. beans that are small and brown

protein. category of food including beans, meat, eggs, etc.

Language Through the Arts

What does food have to do with art? How can people be artistic with food?



Artistic Food

Art is so **diverse** that there are people who use their groceries to do amazing things. There are some who make the dishes look very attractive, especially for children to eat everything. Others, who are more romantic, put an engagement ring into some food as a **marriage proposal**.

There are even those who take pictures to show the healthy side of food. Moreover, there are incredible murals and drawings that show not only the healthy side of grocery shopping, but also the great talent of the artists.



1. Which kind of art did you like the most? In your notebook, make an artistic drawing that involves food. Don't forget to use colorful expressions of art. When finished, share your art with the class.
2. Look at the graffiti below. Can you describe it? What does it represent? Use the lines provided under the image to answer.



- What I see is _____
_____ and I think it represents

3. Do you think the graffiti on the walls shows art? Why? Why not? Write notes below and then discuss with a partner.

Vocabulary

- diverse.** with a lot of variety
- marriage.** matrimony
- proposal.** offer



Oral Communication

Do you know any apps to help buy groceries online?

Shopping Malls and Grocery Stores

1. What do these pictures make you think about? Discuss with your partner.



Freepik

2. Listen to a person who talks about the use of the internet to buy food; then answer the questions below.

- How many people in Latin American countries have access to the internet?

- How did people use to shop in the past?

- What is used to deliver the products you buy now?

3. In pairs, invent a dialogue where one student is the person calling to buy some groceries (**buyer**) and the other is the person working at the grocery store (**seller**). Use the vocabulary learned in this lesson if possible.

Buyer: _____

Seller: _____

Buyer: _____

Seller: _____

Buyer: _____

Seller: _____



Audio

Listen to the dialogue.

Tip

Before you answer questions for a listening activity, read them all and try to predict the answers in advance!



Vocabulary

stall. an informal place to sell groceries on the streets

delivery. the service that brings things to your house

Freepik

Reading

When is your birthday? What do you do to celebrate your birthday?



Time Flies

1. Do you remember your last birthday? Did you celebrate it? Where were you that day? Discuss with your partner.
2. Read Suzanne's story. Pay attention to the words and expressions that are highlighted.

Hi! My name is Suzanne and I clearly remember my last birthday when I turned 12. It was **on Thursday, April 4th** last year. It was a normal school day so I did not have any plans to celebrate it. **In the morning**, my mom and I had a typical breakfast before I went to school. **At noon**, I went to my grandma's house. It's what I always do **at lunchtime** on school days. **In the afternoon**, I did my homework and walked home **at 5:30 pm**. When I opened the door, what a surprise!!! My family and two school friends were there to say "Happy Birthday Suzanne!!!!" **In the evening**, we ate a delicious cake, drank some tea, and had a really nice time together. My friends left **at 9 o'clock** because **on** school **days**, we need go to bed **early**. I hope I can do the same thing **on** my next **birthday** that is coming soon.

3. Complete the chart with the **prepositions**: **on**, **at** and **in**. See the examples in the text to help you. Add more of your own examples.

Prepositions of Time		
on	at	in
<ul style="list-style-type: none">• On Thursday, April 4th		

4. Read Suzanne's story again and **do the Math**. Compare your answers with a partner.

- How old is Suzanne now?

- How many times a week does Suzanne go to her grandma's house for lunch?

- How long did Suzanne stay at her grandma's before getting back home?

Vocabulary

noon. 12 o'clock (the middle of the day)
early. before the usual time
do the Math. calculate

5. Use the prepositions from the chart to answer the questions in complete sentences in your notebook. When is your birthday? What time do you start class every day? In what month is Christmas? Compare your answers with your partner.

Writing

Are you ready for some fun?

Let's Celebrate!



Your best friend's birthday is coming next month and you want to help her mother to make a nice and fun celebration at her house. There will be school friends and family members invited.

1. You need to know how many people will be at the party to know how much food, drinks, and other stuff you need to buy. Make a list of each.
2. Answer the questions in complete sentences to gather information for the invitations. Use your imagination and invent the answers.

- When is her birthday?

- What time will it be?

- Where will it be?

- Which friends from school and which relatives will be invited?

- How much money will they spend for the party? (approximately)

3. Challenge! Make the invitation card model to invite everybody to your friend's birthday party. Be original and creative! Don't forget to include all the information such as time, date, place, etc.

Grammar Tip

When you ask for the quantity of something:

- Use *How many* + *count nouns* in plural. *i.e.*
How many friends will you invite?
- Use *How much* + *non-count nouns*. *i.e.*
How much soda will we buy?



Vocabulary

count noun. noun that can be used in singular or plural

non-count noun. noun that cannot be counted

Assessment

Grammar - Vocabulary

- 1— Choose a word from the box to complete the following statements.

a watch like would rather
to have than

- a. I'd _____ to travel to Panama.
b. My mom would like _____ a new cell phone.
c. My dad _____ sleep than go shopping.
d. My friend would rather have _____ than a cap.

Writing

- 2— Write about **shopping**. What would you like to buy? Where?

Reading

- 3— Read the following paragraph and then write **True(T)** or **False(F)**. Write the correct information under the false statements.

Shopping is really amazing. People buy a variety of things like clothes, shoes, accessories, and so on. Teens like to buy different things for their personal use while parents would rather buy groceries or snacks. Everyone needs to buy things, but we have to plan a budget so we can make our income productive. Do you agree?

- a. People buy different things. ☐

b. Teens would rather buy food. ☐

- c. Parents like to buy accessories. ☐

- d. According to the reading, it is necessary to spend all our money. ☐

Listening

- 4— Listen to three teenagers talking about a party they are organizing for a classmate. Complete the following sentences. Use the first letters to help you complete the answers.

- a. Each student gave f _____ dollars.
b. They are f _____ students.
c. They got t _____ hundred dollars in total.
d. They are going to use b _____ as decoration.

Speaking

- 5— Look at the pictures below. Take turns with a partner describing what you see in each one.



Assessment

Do you like to go shopping?

Grammar - Vocabulary

- 1— Choose the right word(s) to complete the sentences.

There is a new art gallery in town. (On / In / At) _____ Friday, they will exhibit some food artwork (on / in / at) _____ 5 pm. (On / In / At) _____ the evening, there will also be a gastronomy festival (on / in / at) _____ dinner time. People can go eat and see the paintings and other art expressions.

Find the best match for the following words.

meal

yogurt

protein

breakfast

carbohydrate

lentils

dairy product

pasta

Writing

- 2— Write about your last celebration. What did you celebrate? When? Where? Who was invited? (40-50 words)

Reading

- 3— Read the following paragraph and then answer the questions in your notebook.

Celebrating is fun. However, we don't always have the budget to buy what we need. Some people don't care about how much they spend on food and presents. Others don't care about how many people they invite. At a birthday

party, we need snacks, soda, and sometimes we even serve a complete meal. At Christmas celebrations, many people make turkey, rice and salad, and in addition, they buy presents for everybody. No matter what we celebrate, we must be careful not to spend too much money. There are many ways to have fun with a low budget.

- According to the reading, is there a negative side of celebrating? Support your answer.
- What do people eat at a birthday party?
- Besides food, what do some people give their guests at a Christmas celebration?
- What is the financial recommendation given in the text?

Listening

- 4— Listen to a nutrition expert talk about a healthy breakfast. Then write **True(T)** or **False(F)**. Write the correct information under the false statements.

- a. There are fewer and fewer people eating healthy food nowadays. ☐

- b. To have more energy in the evenings, we need to consume proteins. ☐

- c. Milk and yogurt are examples of dairy products. ☐

- d. Apples, eggs and grains contain some vitamins. ☐

Speaking

- 5— In pairs: You are on the phone with your friend. Tell him/her what you would like to do and what you would like to have for your birthday. Your partner will give some suggestions and agree or disagree on what his/her friend wants to do for his/her birthday. Write the dialog in your notebook.

I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it somewhat well	I can improve	I can't do it without help
I can ask for what I'd like to buy.				
I can use quantity expressions to answer how much/many.				
I can write a blog to express my preferences (clothes, food, etc.)				



Project 1

My Food Artwork

You are a great artist so you will make and present a work of art to the class. Follow the steps to help you with it.

1. Choose between a food painting or figures created with food.



Tip

Try to do something inexpensive. Don't spend a lot of money on it! If possible, use recycled material and food leftovers.

2. Create your painting or figure with food. To do this create a budget to know how much you need to spend.
3. Complete this chart.

Matter (food used)	Process (how to do it)	Result (color, texture, shape)

4. When it is ready, take a **selfie** with your artwork, bring it or print it to show it to the class. You can bring it physically if possible.

Guidelines

First, describe the shopping you did, when and where, your budget, then the process, and finally explain your own piece of art; what it represents, or what you want to express with it.



Vocabulary

selfie. a photograph that you take of yourself

Good luck with your project!!!



Let's review!

Vocabulary

1— Match the definition with the appropriate words.

- | | |
|---|-----------|
| a. planned quantity of money | customers |
| b. a quantity of money received regularly | outfit |
| c. money you spend | brand |
| d. food or items from stores | high tech |
| e. buyers, people who buy | allowance |
| f. with sophisticated technology | expenses |
| g. a commercial name | budget |
| h. group of clothes for a particular occasion | groceries |

Grammar

2— Place the nouns in the corresponding column.

eggs money red meat bananas soda
bread onions purses

Count Nouns	Non-Count Nouns

3— Circle much or many and use the words from the chart above to complete the questions.

- How **much** / **many** _____ do you spend in groceries every month?
- How **much** / **many** _____ do you use for a salad?
- How **much** / **many** _____ do you drink weekly?
- How **much** / **many** _____ do you have in your closet?
- How **much** / **many** _____ do you eat a week?

- How **much** / **many** _____ does a chicken lay a day?
- How **much** / **many** _____ do you use in a sandwich?
- How **much** / **many** _____ branches are there in a tree?

Reading

4— Look at the pictures below and think about who you go shopping with. How often do you go? Do you plan a budget before you go? Read the text and complete the sentences.



Freepik

When my parents go shopping at a market, mall or any store, I like to go with them. They are very organized and make lists of what we need at home; one for groceries and the other for clothes and accessories. They know our budget is low so they don't overspend and find excellent discounts. The reason is that only my father has a job, and since my baby brother was born my mom stays home. So we reduced our expenses and buy just what is necessary. My parents are very responsible and I learn a lot from them.

5— Choose the right word(s) to complete the sentences.

- This family members are **normal** / **educated** / **compulsive** buyers.
- Before going shopping, they make **one** / **two** / **three** lists of their necessities.
- They have **no money** / **lots of money** / **less money** after a new family member arrived.
- The kid says he learns from his parents to **bargain** / **overspend** / **be responsible**.

Communication and Cultural Awareness



Social Studies

What does food security mean? Will your community always have enough to eat?



Food Security

Value: Environmental and health care

In order to prevent health and environmental problems, some governments take economic and social measures that guarantee enough food and medicine for the population by using the resources harmoniously.

Did you know that there are policies and laws related to food security which **ensure** that there is access to enough food for the **population**?

This started in the time of pharaohs, in the early Egyptian times. This culture used to interpret their dreams and know how they could **provide** the population with food to **avoid famine**. Those interpretations used to work well so that they could save the food in prosperous times for the difficult ones.



Freeimages / John Nyberg

1. What do you think about these Egyptian dream interpretations? Talk with a partner.
2. Use your own words to write the definition of "food security."

3. Research about food security laws and policies around the world. What can the government do to provide sufficient food so that the population can have access to it?



Vocabulary

ensure. to assure

population. group of people that form a country, city or community

provide. to give

avoid. not to permit

famine. food scarcity (lack of food)

Oral Communication

What do you know about famine in Africa? Is there food scarcity in Latin America?

Food Scarcity

1. What can you see in the picture? Is it familiar to you? Discuss with a partner.



Value: Intercultural values

It is our responsibility to take care of our planet and its living beings. We can start in our country, in our city, in our neighborhood or community, and of course we can take a good care of our home. Gratitude and generosity can be the first way to be part of the solution!



Audio

Listen to the dialogue.

2. Listen to Nico, a high school teen, talking about his research.
3. Use the words below to complete the gaps. You will not use them all.

principal

1968

food

Social

1948

famine

- a. My _____ Science teacher asked my group to investigate about famine in Africa.
b. Famine in Africa started in _____.
c. These were the _____ **factors** that caused the problem they still have.
d. They don't have any _____.
4. Listen again and answer the following questions. When you finish, compare them with a partner.
a. What do some parents in Africa do to get something to eat?

- b. What do we have to do to make sure there is enough food in Ecuador?



Vocabulary

scarcity. lack, absence of

factor. situation, circumstances

lack. absence of

nature. all of the plants, animals and geography in an area outside of a city

Reading

What are examples of healthy foods that you regularly eat?

Eating Healthy Food

1. Look at the pictures below. Can you associate them with the title? Discuss with a partner.



Tip

After you read all the text quickly to get the main idea, **scan** the paragraphs one by one to look for specific information. Can you find the following sentences?

- *I am thinking about becoming a vegan.*
- *I want to live for a long time.*
- *I have a sweet tooth.*

2. Read each person's comment carefully.

I am 15 years old and I like vegetables. I am thinking about becoming a vegan. It is a healthy way to live preserving the species and my life. I want to live for a long time.



I am 12 and I love eating a lot of **greasy** food, especially pastries. My mom says it is bad for my health, but I love it. I have a **sweet tooth**.



I am 11. I cannot choose what to eat. My parents make me eat anything they **set** on the table. They say I have to eat what they **can afford**. I don't have problems with it. I eat it all.



I am 14 years old and I like to eat all types of food. I mean I eat vegetables, fruits and beans but I also eat some junk food like french fries, hot dogs, pizza, and so forth. I think the secret is to be balanced.



Vocabulary

scan. look carefully for specific information

greasy. containing fat or oil

sweet tooth. a person that loves food containing sugar

set. put

can afford. can pay

3. Read each person's comments again then put the name under every picture by reading the following statements.

- Daniela: I am not a picky eater.
- Sofia: Choosing my food doesn't depend on me.
- Dani: I love everything that contains sugar.
- Jonathan: I will not eat meat.

Writing

Does your family make a food budget? How much do they spend every week on groceries?

How much to Buy

1. Read Samira's family planning for grocery shopping. Pay attention to the words in blue.

My family usually makes a budget when the month starts. My mother says it is important to consider **how much** we spend and she uses some tips. Here they are:

First, it is a good idea to make a list of what your family needs during the week; so by the weekend, you know how much you have and **how many** items you need to buy before going to a supermarket or a store. Second, it is important to save money so choose shops that give you discounts or products **on sale**, and check how much you can **save** by comparing them. Finally, look for healthy items. At present, products have **labels** that permit you to identify how much **fat**, sugar or salt they contain.



2. Complete the following questions; then, answer in complete sentences. Use your own information.

- a. How _____ money do you think your family spends on food every month?

- b. How _____ members are there in your family?

3. Now with that information, write your own food planning for the week. Calculate **how much money** you need and **how many items** you can buy with that budget. (40-50 words)

4. Complete the following questions by using words from the box. Ask your teacher which nouns are countable or not if necessary. Then ask them to a partner.

water

apples

rice

meals

- a. How much _____ does your mom make at lunch time?
b. How many _____ do you have every day?
c. How much _____ is recommended to drink in a day?
d. How many _____ do doctors recommend to eat each day?

Grammar Tip

Information Questions for Quantity

- How many . . . ?

Is used with plural **countable nouns**.

*How many **apples** do you eat per day?*

- How much . . . ?

Is used with **uncountable nouns**.

*How much **milk** do you drink for breakfast?*



Vocabulary

on sale. reduced in price

save. to keep

label. a thing that identifies something

fat. greasy substance

Language Through the Arts

Did you know that food can be used to express art?

Food Used in Art

Tip

When cooperating with your partners, don't forget to use expressions like: *May I say/suggest something?*, *Why don't we do this/that?*, *Let's do this/that*.



In small groups, research about food like vegetables or fruits that are used to make colors for painting and how to do it.

It is said that food has played an important role in art since the beginning of the humanity. If we refer to the **Stone Age**, artists used animal fat or vegetable juice to do their artworks and the famous Egyptians made pictographs and **hieroglyphics** that included **crops** and bread.



1. Make some natural food color paint (carrots for orange, plant leaves for green, mangos for yellow, etc.). To see some ideas and make beautiful colors, match the images below.



Paint made
with plants
(leaves and flowers)



Paint made with
vegetables
(beets, cabbage)



Paint made
with fruit
leftovers

Freeplik / Pixabay



Vocabulary

Stone Age. prehistoric period

hieroglyphics. a symbol or writing used in the prehistoric times

crops. cultivated plants

beet. a red vegetable

leftover. remaining food after a meal

2. Explain to the class how to make natural color paint according to the research you did (which food is used to get each color and the process). Challenge! Use your paint to make a nice painting.

Oral Communication

Would you like to try some chontacuro? What strange foods have you eaten?

Weird Food

1. Look at the following pictures. Guess what they are. Would you like to try some? Discuss with your partner.



Pixabay

Tip

When expressing your opinion about food, you can say:

- Positive: *Mmmmm!, Yummy!, It looks delicious!, That seems tasty!*
- Negative: *Yaks!, That's disgusting!, I don't think I'd like to try that!*

2. Listen to three teens talking about weird food from their country.
3. Complete the following sentences based on the listening using the words from the box.

mouthwatering

salty

spicy

weird

- a. He's from Asia and there is a strange and very _____ dish there.
- b. She's from the Amazonia in Ecuador where they have a _____ dish made with the brain of an animal.
- c. He's Mexican and they like _____ food. He tasted some exotic recipe that **tasted** _____.

Tip

Before listening, read all the questions asked. That will give you an idea of what the listening is about. Then, if you don't understand, tell your teacher: *I didn't understand/listen (to) it very well. Could you repeat that, please?, May we listen to it again, please?*



Audio

Listen to the dialogue.



Freepik

4. What animal do they use to prepare those exotic dishes?

- Jamal: _____
- Ana: _____
- Carlos: _____



Group discussion: What do you think about eating that weird and exotic food mentioned in the listening? Would you like to try it? What is the strangest food you have eaten?



Vocabulary

weird. strange, not common

spicy. with a lot of spices on it

taste. your tongue noticing different flavors of foods

mouthwatering. that makes your mouth get wet, delicious

Communication and Cultural Awareness

Do we all eat the same food? Do you know what foods are common in other parts of the world?



Food Around the World

Value: Intercultural values

Don't forget to be tolerant and respect others' opinion, likes and life styles. What is or not common where you live can be accepted, good and even normal in other places.

Did you know that although all of us have the same digestive system, every culture has its own **choice** for food? Let's take some examples. Western countries like to use fresh vegetables, fruits and rice for their cooking. They prefer white meat to red meat for their diet. Chinese, Japanese and Koreans drink very little milk. **Muslims** and **Jews** have restrictions, they don't eat any pork. It is **taboo** in their religion. People from India don't eat cow meat.



1. In pairs, investigate other countries or communities that have restrictions in their diets, other than the examples in the previous text. Challenge! Make a small collage and explain what you find to the class.
2. Make small groups and discuss these questions.

- Why do you think people around the world eat differently?

- Do people in your home town eat insects or strange food like unusual animal meat?

- Is there any kind of food in your region considered taboo? Explain.

Vocabulary

choice. selection

Muslim. believer of the Islam as a religion

Jew. believer of Judaism

taboo. prohibited

Oral Communication

Do you like to eat different types of food?

Trying Different Food

Challenge! Look at the picture below and tell a partner how many different kinds of food you can identify.



1. Listen to Ben talking about different foods. Are there some of them in the picture above? Check the foods you hear mentioned.

Tip

Remember to read the questions before you listen carefully to predict answers for multiple choice exercises.

2. Listen again and choose the right option based on the listening.

- Ben starts his speaking with
 - a. ☐ a question
 - b. ☐ a nice phrase
 - c. ☐ a test
- We get food from . . .
 - a. ☐ ourselves
 - b. ☐ animals and trees
 - c. ☐ insects
- People in some pl:
 - a. ☐ dolphins
 - b. ☐ insects
 - c. ☐ cows
- The nature is so
 - a. ☐ sunny
 - b. ☐ savage
 - c. ☐ generous



Audio

Listen to the dialogue.



Value: Democratic decision making

Who decides what to eat in your house, or if you go to a restaurant? One way to decide is to let people make suggestions and then vote to decide. You may not always get what you want, but you will be heard and the democratic process is fair.



Vocabulary

seed. part of the fruit that is usually discarded

leaf. green part of the plant that makes the photosynthesis

root. part of the plant that absorbs nutrients

octopus. a sea animal that has lots of arms

fin. part of the fish that permits the animal to swim



Reading

Would you eat frog legs?

Write 40-50 words about the strangest food that you have eaten. Include what the food was, how was it prepared, where you ate it, etc.

Food Worldwide

1. Look at the following pictures. Tell a partner a description of what you see.



Freepik / Cabrera, A.

2. Read the following article from a Food Magazine. What could be the title of the article? Write your title on the line below.

3. Write the number of the descriptions below next to the picture above that it describes.

1

We know that Mexicans love spicy food and their most famous foods are “*tacos*” and “*burritos*.” They usually contain beans with meat like **beef**, pork or chicken, but they also eat them with “*chapulines*” grasshoppers which are insects that can jump. They are from Oaxaca and you can find them all year long.

2

Tofu is a traditional Taiwanese dish. On vacation people prepare it like a cake. It is square and **bitter**. It has a really strong smell. Many say that it is impossible to bear its disgusting smell. However, it tastes good. You can buy tofu any time at supermarkets or grocery stores.

3

As we all know, Ecuador has also different kinds of food. The Amazon or the Coast regions offer the famous “frog legs.” They say that the best ones, especially big and fat ones, appear in the summer. Countries like France or Indonesia appreciate this special dish. You can make **stew**, soup, or you can even fry these peculiar animals.

4. Try to find and match the definition of the following words from the article.

a. grasshopper

not common

b. peculiar

insect that can jump

c. disgusting

not pleasing to look at

5. Match the pictures in exercise 1 with the descriptions by drawing the correct number in the circles.

Vocabulary

beef. meat from cows

bitter. kind of sour

stew. a meat and vegetable dish with thick liquid prepared in a pot

Writing

Do you eat fast food? Which fast foods could be considered healthy?

Favorite Foods

1. Read Jill's favorite food description when she is on vacation.

Hi! My name is Jill and I like fast food. My mom says I have to eat healthy, but when I am on vacation, I love eating hamburgers, fries, pizza, donuts etc. In the morning, I have sweet cereal with chocolate milk for breakfast. In the afternoon I eat some rice with fried chicken or beef for lunch, and in the evening, I have a big sandwich with a lot of mayonnaise for dinner. It is so delicious!

2. Now, it's your turn to write your own description of the food you prefer to eat, especially when you are on vacation, in the morning, at lunch time, etc. (50-60 words)

Introduction

Breakfast

Lunch

Dinner

Conclusion



Prepositions of Time		
Preposition	Use	Example
IN	months	• in April
	years	• in 1979
	seasons	• in summer, in winter, in fall, in spring
	expression of time	• in the morning, in the afternoon, in the evening
ON	dates	• on May 12th, on May 12th, 2009, on May 2006
	days	• on Friday, on Monday, on Thursday, on Tuesday
	expression of time	• on weekend, on weekdays, on vacation, on any holiday, on my birthday
AT	time	• at 8:00, at eight o'clock
	specific time	• at break time, at lunch time
	expression of time	• at night, at noon (12 morning), at midnight (12 night)

3. In your notebook answer the following questions in complete sentences using the right preposition of time. When you finish, ask the same questions to your partner.

- a. What time do you have breakfast?
- b. Where do you or your family usually go on vacation?
- c. What time do you finish school?
- d. When is your birthday?

Vocabulary

season. part of the year characterized by a particular type of weather

date. specific day of a month or a year

weekdays. days of the week

Language Through the Arts

Are you **fashionable**? Do you dress for comfort, style, or both?

Fashion Design



Value: Intercultural values

Part of our cultural identity is the way we dress. Ecuador has an amazing variety of traditional clothing that is different from town to town, from region to region. We must be proud of our variety of traditional clothing and celebrate our differences.

Did you know that in Ecuador there are some fashion designers that **support** communities? They not only create jobs and **hire** artisans, but also donate some of their profits to local charities. In addition, they combine traditional community clothing with modern fashionable styles.

Fashion design is an art **applied** to clothing and accessories. It is usually influenced by social and cultural **attitude**. Professional fashion designers try to design and produce **functional** and attractive items. Some of them make fashion shows for people to see their work.

1. Look at the image and try to describe it by choosing the correct words in italics.

In the photograph, there is a pretty *boy / girl / man* wearing a beautiful and traditional *cloth / jacket / outfit* from Mexico; a white *blouse / t-shirt / sweater* decorated with some flowers, a dark *red / brown / green* skirt, and a white and pink shawl on her shoulder. Her *accessories / shoes / glasses* look amazing on her.

2. Group activity! Find a picture of a traditional outfit from another region of Ecuador and describe it as in the example above. To help you with the description, place each of the following words in the corresponding box: gold, large, ugly, some, white, a little, traditional, small, a lot, big, amazing, grey, medium(-sized), lots of, turquoise, pretty

Vocabulary

- fashionable.** popular at a particular time
- support.** practical or emotional help
- hire.** employ and pay someone for a particular job
- applied.** that has a particular use
- attitude.** an opinion or a feeling about something
- functional.** practical and useful

colors	size	quantity	other details

3. Now share your picture and describe it to the class. Do not limit your description using only the adjectives above, use as many as possible.

Oral Communication

Where do you usually go shopping to buy shoes and clothes?

At the Mall



Tip

When trying to find directions at a mall, you can say:

- *Excuse me! Where is the _____? How can I get there?*

When giving directions at a mall, you can use expressions like:

- *It's at the first/second/main/etc. entrance/gate on the right/left.*
- *It's on the first/second/third/etc. floor/level next to the restroom/bathroom.*

1. Listen to a phone call between two teens going shopping at a mall and match the girls' names with the corresponding information.



Melissa

is waiting for her friend at a cafeteria.

wants to buy some shoes.

thinks the shoes are not expensive.



Alison

has just \$25 to buy a pair of shoes.

knows where to buy cheap shoes.

wants her friend to meet her at the **outlet**.



Audio

Listen to the dialogue.

2. Listen to the conversation again and answer the questions.

- a. How much more money does Alison need to buy the first pair of shoes she saw at the mall?

- b. Where does Melissa recommend Alison to go find cheaper shoes?

- c. How can Alison get to the outlet from the coffee shop where she is waiting?



Vocabulary

pricey. costly, expensive

cheap. that costs little money or less than the regular price

outlet. store that sells products at low prices

stairs. a group of steps that moves people from one level to another

Assessment

Grammar - Vocabulary

- 1 Use the word(s) in the box to complete the following conversation. There is one you don't need.

in on at how much how many

A: _____ money do your parents give you per month?

B: My parents give me 10 dollars _____ the morning every Saturday and I need to make it last all week.

A: It's a generous allowance! What do you do with that money?

B: I sometimes buy some snacks _____ noon in school days and I save the rest to buy fashionable clothes. _____ my birthday, I receive the double. It is excellent!

Writing

- 2 Write about FOOD: What kind of food do you prefer? Where can you buy it?. (60 words)

Reading

- 3 Read the following people's comments and then complete the chart below.

My friend Andy has a real sweet tooth. He loves candy, ice cream, and all sweet pastries. He eats them in the morning, in the afternoon and in the evening. He says that when he goes on a trip, he eats them all the time.

Ali my sister is very strict with her diet. She eats a lot of vegetables and fruit. She eats some cereal and an apple in the morning and a banana in the afternoon together with some fresh cheese or eggs or beans for protein and a lot of water. In the evening she makes herself some salad. She is really healthy.

I am Sammy and I enjoy both, healthy and fast food. On vacation or on my birthday I eat pizza, fries, burgers, etc. However, in the school year I try to eat fruit, my favorite fruits are apples and oranges. I eat one in the morning at break time.

Person	Food	Time
		all day long (morning, afternoon, evening)
Ali		
	both healthy and fast food	

Listening

- 4 Listen to Tati talking about her diet. Choose the right option.
- Tati is from . . .
 - a. Ecuador
 - b. England
 - c. Chile
 - She eats some . . . for breakfast.
 - a. apples
 - b. granola
 - c. cereal
 - She eats some . . . for lunch.
 - a. cereal
 - b. fruit
 - c. meat
 - She eats some . . . for dinner.
 - a. pasta
 - b. fruit
 - c. cereal

Speaking

- 5 Talk about weird food you know. Try to talk for at least one minute.

Assessment

Do you like to go shopping?

Writing

- 1— Write a message to your friend explaining all the weird food you know. Say where you can buy or try it, how cheap or expensive it is, and if you have tried it. (40-50 words)

Reading

- 2— Read the following text and write **True(T)** or **False(F)** next to the statements below. Correct the false statements.

Some people think shopping is fun but others consider it a torture. When buying a present for a close friend or a family member, you can take your time to find something nice and special, and the price doesn't even matter sometimes. It's an occasional event and you feel great when you find the right gift. On the other hand, grocery shopping can be stressful especially for some parents who need to feed their family and don't have sufficient money to satisfy all the necessities. Another negative side of shopping can be the great amount of people buying at the same time, especially on specific days and hours. However, nowadays there are companies that offer delivery service and you can receive your items at home. There is also the option of homemade gifts, using recycled material and your creativity. No matter how, where or what you do, when giving a present, do it with your heart!

- a. Most people think shopping is torture. ☐

- b. People usually take their time when buying gifts or presents for friends and relatives. ☐

- c. Money is not really important when shopping for groceries. ☐

- d. With delivery service you do not need to leave your house to buy food. ☐

Listening

- 3— Listen to a family doing grocery shopping at a supermarket and complete the chart below.

How much/many did they buy?	
Products they buy	Products they don't buy

Speaking

- 4— In pairs. Student A: You have a restaurant of typical Ecuadorian food and you are grocery shopping at a market. Ask for all the products you need, the price and where the restroom is. Student B: You must invent the prices for the products your customer asks for. Try to be as realistic as possible. Then, give him/her directions to go to the bathroom.

I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it some what well	I can improve	I can't do it without help
I can talk about different types of food and nutrients.				
I can listen and appreciate different foods from around the world.				
I can write about my daily meals.				
I can read and learn about exotic foods and their characteristics.				



Project 2

Tip

Don't forget to do your research in English and use the internet safely and constructively.

A Healthy Diet

Research about food that contains the most important nutrients a person must have, the quantity and frequency it should be eaten, and other characteristics or aspects to consider in order to have a healthy and energetic body.

Follow the steps:

1. Make a list of the food or products you find in your research and divide them by groups. Adapt the chart according to your research results.

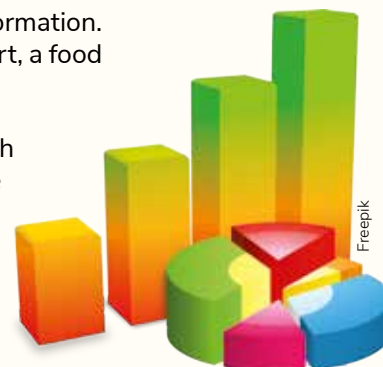
Challenge! Research about the budget (price) needed to buy these foods.



Categories (fruit, vegetables, carbohydrates, meats, dairy, etc.)	Examples (apples, broccoli, cereal, etc.)	Nutrients (proteins, vitamins, etc.)

2. Make a drawing that represents the information. It can be a **histogram**, a pie chart, a bar chart, a food pyramid, etc.

3. Present it to the class. Explain the research results and give recommendations to have a healthy diet. Include examples of the food that is not recommended. Use expressions like how much/many..., I/We/People'd like/rather..., at lunch/dinner...,etc.



Vocabulary

food for thought. something people should think seriously about

histogram. a type of graph that shows information

