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**Asignatura:** Inglés

**Curso:** Séptimo Básico

**Semana 18 y 19:** (del 27 de julio al 07 de agosto)

## Evaluación Formativa

Nombre:

Curso:

Fecha :

**Objetivo de la clase:** Demostrar comprensión lectora a través de la identificación del contenido en un texto informativo relacionado con la alimentación saludable y aplicar el uso de Must / Mustn't para expresar obligación a través de la presentación de una situación.

### READ THE TEXT CAREFULLY AND THEN ANSWER THE QUESTIONS BELOW

Lee atentamente el texto y luego responde a las preguntas que están abajo

# A healthy diet



Your body needs a good diet to stay healthy. Many people eat too much or eat unhealthy food. Fast food is an example of a kind of unhealthy food. Healthy food is necessary for your body. We need to eat the right food:

- . Carbohydrates help your body with energy. Pasta has lots of carbohydrates.
- . Fibre helps your stomach and intestines to move food. Fruit, vegetables or brown bread have fibre.
- . Proteins help your muscles. Fish, meat and eggs have lots of proteins.
- . Calcium helps your bones. Milk, yogurt and cheese have lots of calcium.
- . Iron helps your blood. Meat and green vegetables have iron.
- . Vitamins help you to stay healthy. Fruit and vegetables have vitamins.

Eating too much sugar, fat and salt is not good for your body. They can be unhealthy. Sugar is also bad for your teeth. If you eat unhealthy food, you can get fatter and sick. Unhealthy food is not good for your body. Also, water is very important for your body. We should drink about eight glasses of water every day.

**ACTIVITY 1 (MULTIPLE CHOICE)  
READING COMPREHENSION**

**BASED ON THE TEXT YOU READ, READ THE FOLLOWING SENTENCES AND CHOOSE THE CORRECT WORD THAT IS MISSING TO COMPLETE THE SENTENCE.**

Según el texto que leíste, lee las siguientes oraciones y elige la palabra correcta que falta para completar la oración.

<p>1.- Your body needs a _____ diet.</p> <p>a.- bad</p> <p>b.- unhealthy</p> <p>c.- Good</p>	<p>2.- _____ food is an example of a kind of unhealthy food.</p> <p>a.- Slow</p> <p>b.- Fast</p> <p>c.- Vegetables</p>
<p>3.- Healthy food is _____ for your body.</p> <p>a.- not important</p> <p>b.- not necessary</p> <p>c.- necessary</p>	<p>4.- _____ help your body with energy.</p> <p>a.- Fibre</p> <p>b.- Proteins</p> <p>c.- Carbohydrates</p>
<p>5.- _____ helps your stomach.</p> <p>a.- Calcium</p> <p>b.- Fibre</p> <p>c.- Iron</p>	<p>6.- _____ help your muscles.</p> <p>a.- Carbohydrates</p> <p>b.- Vitamins</p> <p>c.- Proteins</p>
<p>7.- _____ helps your bones.</p> <p>a.- Calcium</p> <p>b.- Iron</p> <p>c.- Proteins</p>	<p>8.- _____ helps your blood.</p> <p>a.- Carbohydrates</p> <p>b.- Fast food</p> <p>c.- Iron</p>

9.- _____ helps your to stay healthy. a.- Fast food b.- Vitamins c.- Proteins	10.- If you eat _____ food, you can get fatter and sick. a.- good b.- healthy c.- unhealthy
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**ACTIVITY 2 (COMPLETE)**

**WRITTEN EXPRESSION**



NO olvides que, debes escribe toda la respuesta con **LETRA MINÚSCULA**

<b>pasta,...</b>	<b>fish, meat,...</b>	<b>about 8 glasses</b>
<b>milk, yogurt,...</b>	<b>no</b>	<b>fruit and vegetables,...</b>
<b>yes, it does</b>	<b>milk, green vegetables,..</b>	<b>no,it isn't</b>

**COMPLETE THE FOLLOWING TABLE WITH THE INFORMATION PRESENTED IN THE BOKS ABOVE**

Completa la siguiente tabla con la información que presenta el cuadro de arriba.



NO olvides que, debes escribe toda la respuesta con **LETRA MINÚSCULA**

Ejemplo: 1.- Does your body need a healthy diet ?	<b>yes, it does</b>
2.- Does everybody eat healthy food ?	
3.- Is sugar good for your body ?	
4.- How many glasses of water should we drink every day ?	

5.- Write names of food that contain carbohydrates.	
6.- Write names of food that contain fibre.	
7.-Write names of food that contain proteins.	
8.- Write names of food that contain calcium	
9.- Write names of food that contain iron.	

### ACTIVITY 3 (COMPLETE)

#### READING COMPREHENSION AND WRITTEN EXPRESSION

#### NOW I PRESENT THE FOLLOWING SITUATION

Ahora te presento la siguiente situación

<p><b><i>“You are going to a language school tomorrow morning”</i></b></p> <p><i>"Vas a ir a una escuela de idiomas mañana por la mañana"</i></p>	
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*What must or mustn't you do? Use the verbs in the box.*

*¿Qué debes o no debes hacer? Usa los verbos que se encuentran en el cuadro.*

forget - be - wear - listen - panick - buy – make - oversleep - look - sit



NO olvides que, antes del verbo debes escribir **Must / Musn't**

Además, escribe toda la respuesta con **LETRA MINÚSCULA**

Ejemplo:

- 1) I .....**wear**..... my new T-shirt.
- 2) I ..... in the morning.
- 3) I ..... late for the lessons.
- 4) I ..... up a bus in the timetable.
- 5) I ..... bus tickets.
- 6) I ..... my dictionary at home.
- 7) I ..... with Jack, my best friend.
- 8) I ..... to the teacher all the time.
- 9) I ..... when the teacher asks me something.
- 10) I ..... mistakes in the test.

