



Colegio Tecnológico Pulmahue  
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Horario: 9am a 4pm

## CUARTO MEDIO

El objetivo de esta guía es que los estudiantes identifiquen información sobre alimentos saludables y no saludables, logrando clasificarlos en la pirámide alimenticia. Para dudas que tengan pueden escribirme un correo a esta dirección: [yorka.sepulveda.pulmahue@gmail.com](mailto:yorka.sepulveda.pulmahue@gmail.com), escribiendo en el asunto el nombre de él o la estudiante y su curso, el horario para correos es de 9am a 4pm. Plazo de entrega: viernes 20 de noviembre hasta las 2pm

### O.A: Identificar información en textos sobre hábitos saludables

### O.A2: Clasificar alimentos en la pirámide alimenticia

READING COMPREHENSION: READ THE TEXT AND ANSWER THE QUESTIONS

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it.

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread .It's a good, cheap source of fibre and nutrients without too many calories .Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat.

So eat less fatty food (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

### Are these sentences true or false? Justify.

1-People won't need to make exercise if they eat too much. -----

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2-When people eat too much they put on weight. -----

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3-Eating less fat would cause heart attacks. -----

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4-Sugar provides energy, but it causes obesity. -----

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5-Fibre foods are good for the energy balance. -----

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**HEALTHY AND UNHEALTHY FOOD!**

1. Write the correct food name under each image then classify them in the table.

Fish – Soda – Banana – Pear – Watermelon – Chocolate – Popcorn – Strawberry – Candies – Tomato – Egg – Ice cream – Bread – Hotdog – Chicken – Sandwich



Healthy Foods	Unhealthy Foods

Look at the images of the food pyramid, in the following activity, classify the food from item 1 in a food pyramid, write the name of the food in the correct category and complete the pyramid.



