



GUÍA DE APRENDIZAJE PARA ESTUDIANTES AÑO 2026

NOMBRE DEL ESTUDIANTE:				
GRUPO:	Noveno C			
FECHA DE REALIZACIÓN:	March 2026			
ÁREA Y/O ASIGNATURA:	Humanidades – Inglés			
COMPETENCIAS:	lingüística, pragmática, orientación de resultados, trabajo en equipo, liderazgo			
INDICADORES DE DESEMPEÑO:	- Identificación y aplicación de vocabulario relacionado con la salud y el cuerpo en ejercicios orales y/o escritos. - Pronunciación de algunos sonidos en ejercicios o presentaciones orales. - Descripción de una dieta saludable o rutina de ejercicios - Comprensión de textos relacionados con salud, riesgos y cuidado personal.			
ACTIVIDADES DE APRENDIZAJE:	Verlas al final del cuadro.			
EVIDENCIAS DEL TRABAJO:	Responderlas en cada ejercicio al final del cuadro.			
VALORACIÓN:	DESEMPEÑO SUPERIOR	DESEMPEÑO ALTO	DESEMPEÑO BÁSICO	DESEMPEÑO BAJO
	- Identifica y aplica correctamente vocabulario relacionado con las partes del cuerpo en ejercicios orales y/o escritos. - Comprensión apropiada de textos relacionados con salud, riesgos y cuidado personal. - Diferenciación correcta del presente y el pasado al describir diferentes experiencias de la vida diaria. - Descripción detallada y gramaticalmente correcta de una dieta saludable o rutina de ejercicios.	- Identifica vocabulario relacionado con las partes del cuerpo, aplicando parte de este conocimiento dentro de algunos ejercicios orales y/o escritos. - Comprensión de textos relacionados con salud, riesgos y cuidado personal. - Diferenciación del presente y el pasado al describir diferentes experiencias de la vida diaria. - Descripción de una dieta saludable o rutina de ejercicios.	- Identifica poco vocabulario relacionado con las partes del cuerpo, aplicando parte de este conocimiento dentro de algunos ejercicios orales y/o escritos. - Poca comprensión de textos relacionados con salud, riesgos y cuidado personal. - No diferencia adecuadamente el presente y el pasado al describir diferentes experiencias de la vida diaria. - Descripción de una dieta saludable o rutina de ejercicios con problemas en estructura o gramática.	- Desconoce vocabulario relacionado con las partes del cuerpo lo cual evita la aplicación dentro de ejercicios orales y/o escritos. - Dificultad en comprensión de textos relacionados con salud, riesgos y cuidado personal. - Dificultad en la diferenciación del presente y el pasado al describir diferentes experiencias de la vida diaria. - Dificultad para describir de una dieta saludable o rutina de ejercicios.

1. Realizar los siguientes ejercicios y escribir sus respuestas dentro de los cuadros (4)

4 What's happening in your body right now?
Use the prompts to write sentences.

a blood / **circulate** / around my body
Blood is circulating around my body.

b my heart / **pump** / blood

c my lungs / **absorb** / oxygen

d my diaphragm / move / up and down

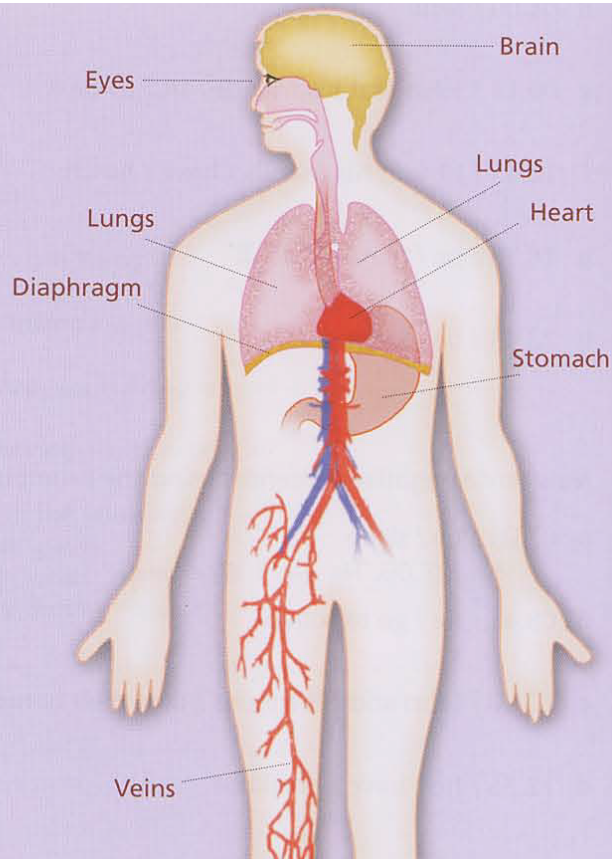
e my heart / **beat**

f my lungs / **produce** / carbon dioxide

g my stomach / **digest** / food

h **chemical reactions** / happen / my cells

i my eyes / send / messages to my brain



a. blood is circulating around my body	b.
c.	d.
e.	f.
g.	h.
i.	

2. Realizar los ejercicios en los siguientes links, tomar pantallazo luego de obtener el mejor resultado. (8)

1.
<https://www.liveworksheets.com/w/en/english-second-language-esl/247282>
2.
[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Present_continuo_us/Present_Continuous_Tense_lk516982mo](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Present_continuo_us/Present_Continuous_Tense_lk516982mo)
3.
<https://www.englishexercises.org/makeagame/viewgame.asp?id=3443>
4.
[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Have_or_has/He_alth*_Simple_present_of_have_ic837266lv](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Have_or_has/He_alth*_Simple_present_of_have_ic837266lv)
5.
<https://www.gamestolearnenglish.com/body-parts/>
6.
[https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Present_simple/Routine_mv422668mz](https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Present_simple/Routine_mv422668mz)

7.
[https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Parts_of_the_body/My_Healthy_Routine_Reader_od1544773zi](https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Parts_of_the_body/My_Healthy_Routine_Reader_od1544773zi)

8.
[https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Reading_comprehension/Reading_Comprehension*_Healthy_Food_hr913055fy](https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Reading_comprehension/Reading_Comprehension*_Healthy_Food_hr913055fy)

3. Teniendo en cuenta la estructura del present simple en sus formas afirmativa, negativa e interrogativa, completa el siguiente texto con los verbos en paréntesis. El primer ejercicio está realizado. (5)



Why ¹ do we sleep (we / sleep)?
 From birth, we ² _____ (spend) a third of our lives asleep but scientists still ³ _____ (not / know) exactly why.

Why ⁴ _____ (humans / have) problems sleeping?
 In modern society, many people ⁵ _____ (not / get) the recommended seven or eight hours a night. We ⁶ _____ (work) long hours and we rarely ⁷ _____ (go) to bed at sunset.

Why ⁸ _____ (we / sleep) differently?
 It ⁹ _____ (depend) on the time of year and also our age. Teenagers always ¹⁰ _____ (need) more sleep than adults. Lots of elderly people ¹¹ _____ (not / sleep) longer than four or five hours, but they often ¹² _____ (take) naps during the day.

1. Do we sleep ?	2.	3.	4.	5.	6.
7.	8.	9.	10.	11	.12.

4. Selecciona la parte del cuerpo que corresponde a la definición dada y escribe la respuesta en el cuadro. (5)

1 When this is full, you need to find a toilet.

- A** Your bladder
- B** Your heart
- C** Your pancreas

2 The back of the neck.

- A** The nostrils
- B** The nape
- C** The calf

3 You wave this at people when you're angry with them.

- A** Your ankle
- B** Your elbow
- C** Your fist

4 These things stop the dust getting in your eyes.

- A** Your hips
- B** Your nostrils
- C** Eyelashes

5 These are immediately below your waist.

- A** Your kidneys
- B** Your hips
- C** Your nostrils

6 This organ breaks down the toxins that enter the body including alcohol.

- A** The bladder
- B** The heart
- C** The liver

7 This is the top part of your leg.

- A** Your calf
- B** Your nape
- C** Your thigh

8 The back of the lower part of your leg.

- A** Your nape
- B** Your nostrils
- C** Your calf

9 These are the things that clean your blood.

- A** Your lungs
- B** Your ears
- C** Your kidneys

10 You move this when you eat.

- A** Your jaw
- B** Your ankle
- C** Your elbow

1.	3.	5.	7.	9.
2.	4.	6.	8.	10.

5. Selecciona la parte del cuerpo que corresponde a la definición dada y escribe la respuesta en el cuadro. (6)

- | | |
|--|---|
| <p>1 This action makes you laugh and, in extreme cases, wet yourself.
 A To sneeze
 B To tickle
 C To snore</p> <p>2 People and other terrestrial mammals do this after waking up.
 A To hiccough
 B To spit
 C To stretch</p> <p>3 This is what happens if you drink lemonade quickly.
 A To burp
 B To snore
 C To sneeze</p> <p>4 You do this when you're asleep.
 A To snore
 B To scratch
 C To hiccough</p> <p>5 You do this with an ointment or when your leg's gone to sleep.
 A To rub
 B To spit
 C To smile</p> <p>6 You do this with your head when you agree with something.
 A To sway
 B To shake
 C To nod</p> | <p>7 You do this when you're pleased.
 A To smile
 B To tickle
 C To burp</p> <p>8 If you've been bitten by a mosquito, this is what you mustn't do.
 A To spit
 B To scratch
 C To smile</p> <p>9 Sunlight, peppermints and pepper make you do this.
 A To smile
 B To snore
 C To sneeze</p> <p>10 A rude and disgusting habit.
 A To rub
 B To spit
 C To tickle</p> <p>11 This is what you do when you feel tired.
 A To yawn
 B To spit
 C To hiccough</p> <p>12 This is when you speak unclearly, often to make a comment you don't want people to hear.
 A To mutter
 B To stutter
 C To whisper</p> |
|--|---|

1.	3.	5.	7.	9.
2.	4.	6.	8.	10.
11.	12.			

6. Escribe en el número del cuadro, la letra que contiene los síntomas de cada enfermedad. (3)

- | | |
|---------------|---|
| 1. diarrhoea | A a cough, sore throat, sneezing |
| 2. flu | B a cough, sore throat, sneezing, temperature, aching muscles |
| 3. a hangover | C runny nose, sneezing, sore eyes |
| 4. asthma | D headache, feeling sick |
| 5. hay fever | E keep going to the toilet |
| 6. a cold | F difficulty in breathing |

1.	2.	3.	4.	5.	6.
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7. Escribe en el número del cuadro, la letra que contiene la definición de cada enfermedad. (3)

- | | |
|---------------|--|
| 1. flu | A swollen glands in front of ears, earache or pain on eating |
| 2. pneumonia | B burning pain in abdomen, pain or nausea after eating |
| 3. rheumatism | C rash starting on body, slightly-raised temperature |
| 4. chickenpox | D dry cough, high fever, chest pain, rapid breathing |
| 5. mumps | E headache, aching muscles, fever, cough, sneezing |
| 6. an ulcer | F swollen, painful joints, stiffness, limited movement |

1.	2.	3.	4.	5.	6.
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8. Escucha y lee los siguientes audios en los siguientes links. Realiza la pestaña **Quiz** y anexa pantallazo con resultado. (7)

<https://www.ello.org/english/Mixer076/T095-Appearance.htm>

<https://www.ello.org/english/0851/T872-Mike-Legs.htm>

<https://ello.org/english/0401/408-Marion-Yoga.htm>

<https://www.ello.org/english/0951/T985-Greg-Organs.htm>

<https://www.ello.org/english/0401/435-Mike-FastFood.htm>

<https://ello.org/english/0401/411-Todd-Running.htm>

<https://ello.org/english/0001/048-Conrad-Cold.htm>

9.. Leer el siguiente artículo y responder las siguientes preguntas: (6)

Healthy Eating

Food keeps us healthy and help us grow. Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat. Water flushes out toxins, transports nutrients to cells and performs other vital bodily processes.

Carbohydrates

Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat a lot of carbohydrates each day. As well as energy, carbohydrates provide us with fibre, iron, B vitamins and calcium.

Fruit and Vegetables

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.

Meat, Fish, Eggs and Beans

These foods are a good source of protein, vitamins and minerals in your diet. These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. We should eat some of these foods a day.

Foods High in Fats and Sugar

These foods provide the body with energy, warmth and insulation around vital organs. Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

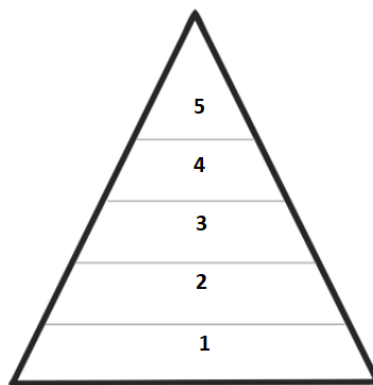
To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.



Dairy

1. Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves. Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system are made up mostly of protein. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.

- a. Why is a balanced diet important?
- b. What is the function of protein?
- c. Why are minerals important?
- d. Why is water important for your body?
- e. Complete the food pyramid with the advised foods. Write three examples in each. Remember the foods that you should eat most of are at the bottom of the pyramid.



Advised food	Reason	Three examples

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10. Leer el texto en el siguiente link: <https://www.englishclub.com/reading/health/organic.php> Luego, responder en el siguiente link y anexar pantallazo: (4)
<https://www.englishclub.com/reading/health/organic-quiz.php>

11. Clasificar los verbos con la parte del cuerpo adecuada con la cual tienen relación.

Body Verbs

Write the verbs to the body parts that are 'used' with them.

- bite
- blink
- breathe
- chew
- clap
- eat
- glance
- kick
- kiss
- lick
- mutter
- nod
- pick
- point
- punch
- scratch
- shake
- shake
- shrug
- slap
- smack
- smell
- sniff
- stare
- stub
- swallow
- talk
- taste
- whisper
- whistle
- wink