

# Guía de autoaprendizaje DE INGLÉS | 7<sup>o</sup>



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## GUÍA DE APRENDIZAJE Inglés – Séptimo grado

Nombre del estudiante:

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Centro Educativo:

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### Medidas de prevención por el COVID - 19



LAVA LOS ALIMENTOS  
ANTES DE CONSUMIRLOS



DESINFECTA LAS  
SUPERFICIES



NO TE TOQUES LA CARA



CUBRE TU NARIZ Y  
BOCA



MANTEN LA DISTANCIA Y  
EVITA LOS SALUDOS



2 mts.



LAVA TUS MANOS CON  
JABÓN FRECUENTEMENTE



QUÉDATE  
EN CASA

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Ilustraciones - Freepik.com



## MENSAJE PARA LOS ESTUDIANTES

### **Apreciado estudiante:**

Pensando en ti, para que puedas lograr tus sueños, queremos que sigas aprendiendo. Ahora que estás en casa, aprovecha y comparte con tu familia, escribe historias con tus personajes favoritos, lee todo lo que puedas, imagina un mundo mejor, cuida a los animales, siembra un árbol; en fin, aprovecha el tiempo y trata de ser muy feliz.

¡Te extrañamos! pronto nos veremos, recuerda que es importante que sigas aprendiendo. Para lograrlo, debes desarrollar cada una de las asignaciones y actividades, que han sido elaboradas, especialmente para ti. Trata de hacerlo de forma independiente, si tienes quien te ayude, ¡fabuloso! Pero recuerda, tienes una oportunidad valiosa para que, a través de los libros, puedas conocer el mundo, aprender la magia de los números, viajar con la lectura, analizar la importancia del agua, los beneficios de los árboles, el funcionamiento de nuestro cuerpo y los cuidados que debemos darle.

Eres de gran valor para tu familia y nuestro país, por eso debes cuidar tu salud y seguir las recomendaciones para la prevención de enfermedades.

The background features a spiral-bound notebook on a wooden surface. To the left, a brown pencil case is filled with school supplies: a green ruler, a blue folder, a red and yellow striped pencil case, a blue pencil, a red pencil, and a silver computer mouse. A green leafy vegetable is being poured into the notebook. Several cartoon letters are scattered around: a blue 'A' at the top left, a pink 'A' at the top right, a red 'A' on the left side, and a yellow 'A' at the bottom left. A large, smiling yellow character with a red hat and a blue ball is at the bottom right.

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## WEEK 1-2

# COUNTRIES AND NATIONALITIES

In Panama, we have people from different parts of the world. That is why Panama is considered a cosmopolitan country. These people are called foreigners. People come to our country for different reasons:

For example:

- ✓ Our weather
- ✓ Our tourist attractions
- ✓ Our shopping centers
- ✓ The beauty of our nature
- ✓ The Panama Canal

### OBJECTIVES

- *To use vocabulary related to countries and nationalities in context.*
- *To identify different communities with a presence in our country.*

**DID YOU KNOW?**



**...The Panamanian flag is considered one of the most beautiful flags in the world?**



Can you remember some names of countries in English?

Write five names of countries you know in English.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

Let's see together some of the nationalities we can find in Panama.



**Chinese- China**



**Colombian- Colombia**



**Venezuelan- Venezuela**



**American- United States**



**Dominican- Dominican Republic**



**Israeli- Israel**



**Indian- India**



**Jamaican- Jamaica**



**Nicaraguan- Nicaragua**



**Japanese- Japan**



**Panamanian- Panama**



**Panama**



**Panamanian**

**Don't forget: countries and nationalities must be written in capital letters.**

## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary

- |             |             |               |
|-------------|-------------|---------------|
| ✓ Center    | ✓ foreigner | ✓ make        |
| ✓ colony    | ✓ help      | ✓ move        |
| ✓ come      | ✓ improve   | ✓ people      |
| ✓ diversity | ✓ increase  | ✓ settle down |
| ✓ establish | ✓ jewelry   | ✓ stay        |

## READING COMPREHENSION

READ CAREFULLY

# Panama: A Cosmopolitan Country



Since the construction of the canal, Panama is considered as **center** of the world and heart of the universe, because **people** from different parts **come** and **stay** here, making Panama a cosmopolitan country.

Some of these groups of **foreigners** are organized in **colonies**, most of them are located in Panama and Colon cities. These groups **help** to **increase** and **improve** our economy; developing different kinds of business activities such as: shopping stores, hotels, restaurants, jewelry stores, etc.

The Indian, Italian, Chinese, and Jewish, are some of the colonies **established** in Panama; but during the last years, the number of people from, Colombia, Nicaragua, Venezuela and other countries that **move** to Panama to **settle down** here keeps increasing. The **diversity** of cultures combined with our own culture and traditions **make** Panama a wonderful place to visit.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_

2. Where are the majority of foreign colonies located in Panama?

\_\_\_\_\_

3. Mention three foreign colonies settled in Panama.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

4. Mention three examples of business activities foreign colonies do in Panama.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

5. Mention three countries with a presence in Panama.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## ACTIVITY 2

## COMPLETE THE CHART

Look at the ending of each nationality studied and write examples under the column with the correct ending. You can add your examples.

-ese	-ian/-an	others
Chinese		

--	--	--

## STRUCTURE

## VERB TO BE/PERSONAL PRONOUNS

Personal + Verb to be Pronouns		To say where the person is from	To say the nationality person is from	To ask where the person is from
I	<b>am</b>	<b>I am from Panama.</b>	<b>I am Panamanian.</b>	<b>Where are you from?</b>
You	<b>are</b>	<b>You are from Israel.</b>	<b>You are Israeli.</b>	<b>Where is he from?</b>
He	<b>is</b>	<b><u>Luis</u> is from Colombia.</b>	<b><u>He</u> is Colombian.</b>	<b>Where is she from?</b>
She	<b>is</b>	<b><u>Mary</u> is from Jamaica.</b>	<b><u>She</u> is Jamaican.</b>	<b>Where are you from?</b>
We	<b>are</b>	<b><u>Luis and I</u> are from Venezuela.</b>	<b><u>We</u> are Venezuelan.</b>	<b>Where are they from?</b>
You	<b>are</b>	<b><u>Luis and you</u> are from China.</b>	<b><u>You</u> are Chinese.</b>	
They	<b>are</b>	<b><u>Luis and Mary</u> are from India.</b>	<b><u>They</u> are Indian.</b>	



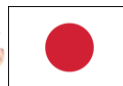
## ACTIVITY 3

## COMPLETE THE SENTENCES WITH THE MISSING WORDS

### Where are they from?



Kelly \_\_\_ from Israel.  
\_\_\_ is \_\_\_\_\_.



Tom \_\_\_ from Japan.  
\_\_\_ is \_\_\_\_\_.



Luis and Ana \_\_\_ from \_\_\_\_\_.  
\_\_\_\_\_ are Venezuelan.



Alicia \_\_\_ from Nicaragua.

\_\_\_ is \_\_\_\_\_.



Juan \_\_\_ from \_\_\_\_\_.

\_\_\_ is Colombian.



## FIND THE COUNTRIES AND NATIONALITIE BELOW

Y	T	X	G	B	B	C	W	H	A	R	Y	J	D	E	U	Y	L	J	Z
W	P	F	W	G	L	Z	A	G	L	L	P	W	Q	Z	G	D	R	C	C
F	K	W	F	H	W	E	J	V	J	A	N	W	N	W	K	U	T	N	D
L	E	H	H	R	J	V	I	M	J	J	A	I	I	H	U	V	U	C	M
H	O	E	A	U	Q	F	U	T	E	H	A	L	C	K	V	A	I	F	G
K	X	H	O	D	C	Y	Q	L	P	R	T	P	P	A	G	G	T	U	V
S	I	G	I	F	E	D	U	S	C	S	Y	D	A	B	R	Y	D	T	C
C	I	U	T	N	Y	N	S	L	V	X	N	T	G	N	C	A	I	Y	W
O	W	P	Q	M	D	A	L	W	E	Z	V	W	J	N	E	A	G	E	X
L	W	R	J	W	P	I	L	E	A	R	S	I	A	O	V	S	C	U	Z
O	L	J	Q	C	O	N	A	K	J	B	D	O	A	G	V	G	E	Z	A
M	J	A	E	F	O	A	G	J	V	I	E	O	M	Z	E	R	Z	E	X
B	T	T	A	X	U	M	C	U	C	S	Z	N	A	A	N	X	C	K	Q
I	T	S	L	V	E	A	O	W	D	L	D	Y	N	B	E	V	P	Q	R
A	V	F	W	J	T	N	X	K	O	Y	Z	K	A	Z	Z	J	J	E	J
N	U	A	G	F	I	A	B	R	R	E	G	V	P	W	U	C	A	P	O
W	F	O	F	I	Y	P	I	I	B	L	A	Q	Q	W	E	V	N	Z	M
S	A	M	E	R	I	C	A	N	K	R	G	C	J	S	L	N	I	W	J
Q	G	T	V	H	M	M	C	Y	U	I	F	O	R	T	A	Y	H	G	H
I	N	A	C	I	A	M	A	J	T	N	D	O	M	I	N	I	C	A	N

AMERICAN  
CHINA

COLOMBIAN  
DOMINICAN

INDIA  
ISRAELI  
JAMAICAN  
JAPANESE

NICARAGUA  
PANAMA  
PANAMANIAN  
VENEZUELAN

Test Your  
Knowledge

FOLLOW THE INSTRUCTIONS TO MAKE THE  
PROJECT

## Example



Zendaya is from United States.

She is American.

## My Favorite Celebrities

Make a poster about 5 of your favorite celebrities.

- ✓ Use pictures or draws of your favorite celebrities.
- ✓ Use pictures or draws of the flags of each celebrity.
- ✓ Write two sentences for each example: one with the country and the other with the nationality.
- ✓ Underline the countries and the nationalities in the examples.
- ✓ Use the verb to be and personal pronouns.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Wrote the names of each country and nationality according to the celebrity.
- Used capital letters where needed.
- Selected the appropriate flags according to the nationality of the celebrities.
- Used the given structure correctly.

## GLOSSARY

READ ALOUD

1. **Canal**: a waterway used for shipping.
2. **cosmopolitan**: a place where we find people from different countries.
3. **country**: land controlled by a single government.
4. **flag**: a national symbol of a country.
5. **foreigner**: a person from another country.
6. **nationality**: the status of belonging to a nation by birth or naturalization.
7. **nature**: everything that surrounds us that is not made by people.
8. **tourist attractions**: interesting places tourists like to visit.
9. **weather**: state of the atmosphere at any given time.
10. **world**: our planet.

I CAN...

CHECK ( ✓ ) THE THINGS YOU LEARNED

I can associate different countries and nationalities with their flags.

I can identify the countries and nationalities of people I know.

I can make short simple sentences about countries and nationalities.



SUPPLEMENTARY MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=ZQkGVM5IZBw>

<https://www.youtube.com/watch?v=Z6cvRmyEUKc>



## ETHNIC GROUPS IN PANAMA



### WEEKS 3-4-5

## ***ETHNIC GROUPS IN PANAMA***

An ethnic group is a group of people that have the same language, history, society, culture, tradition, location, and other beliefs. Our ethnic groups can be classified in:

- ✓ major Native Groups
- ✓ minor Native Groups
- ✓ other groups

### OBJECTIVES

- *To show respect for the different ethnic groups of Panama.*
- *To discuss the characteristics of each ethnic group of Panama.*



...Rosa Iveth Montezuma was the first indigenous woman to become Miss Panama?



Can you mention some of the ethnic groups we have in Panama?

Write 5 native groups we have in Panama.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

**THESE ARE THE ETHNIC GROUPS IN PANAMA:**

**MAJOR NATIVE GROUPS**

**Emberá-Wounaan**



**Ngäbe-Bugle**



**Guna**



**Mestizos**



**Blacks**

**MINOR NATIVE GROUPS**

**Bri bri**



**Naso- Teribe**



**OTHER GROUPS**



People from other ethnicities and nationalities born in our country

## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ comarca
- ✓ cultural
- ✓ dance
- ✓ dish
- ✓ dress

- ✓ ethnic
- ✓ handicraft
- ✓ indigenous
- ✓ jewelry
- ✓ Natives

- ✓ necklaces
- ✓ painting
- ✓ plantain
- ✓ spicy
- ✓ wear

## READING COMPREHENSION

Read carefully

### Our Name is Panama



Our country has an amazing **cultural** diversity formed by people from different **ethnic** groups. The major **native** groups are: Ngäbe-Buglé, Guna and Embera-Wounaan. The small **indigenous** groups are Bri Brí and Naso Teribes. We also have other groups such as mestizos, blacks, people from other nationalities born in our country.

The Gunas are located in the **Comarcas** Guna Yala, Wargandi, and Madugandi. They speak Dulegaya and Guanagaya. They love to eat tulumbasi (fish soup with coconut milk, **plantain** and lemon). They are famous for their “Molas” which are also part of the Guna women **dress**.

The Ngäbe- Buglé are located in Veraguas, Chiriquí, and Bocas del Toro. They speak Ngäbere-Buglé. They love to eat yaniquenque, dachin, bochú and calalú. Their women make chaquira **necklaces** and **wear** naguas. The traditional **dance** of this group is called Jequi.

The Emberá-Wounaan are located in the Comarca Emberá-Wounaan in Darién. They speak Emberá/Maach meu. They eat Bodochi (food made with rice and fish). This group is famous for their body **painting** called jagua. The women traditional dress is the Paruma and some of their dances are Guara and Ka.

The Mestizos are all over the country. They speak Spanish. Their favorite **dishes** are sancocho, rice with chicken, potato salad, and tamales. One of the **handicrafts** they make is tembleque, which is part the national dress. On special days, women wear polleras and dance folkloric dances.

The Afro-descendant people live in Colón, Bocas del Toro, Darién, and Panama. Some of them speak English and Spanish. They love to eat spicy food. Afro descendant women like to make a **wear jewelry**. Some of their groups love to and dance congo and reggae.

We also have people born in our country who are descendants from foreigners. No matter our ethnicity, our name is Panama.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. Where are the mestizos located?

\_\_\_\_\_.

2. What is the traditional art of the Gunas?

\_\_\_\_\_.

3. What is the Gunas' traditional food?

\_\_\_\_\_.

4. What is the dress of the Ngäbe Buglé women?

\_\_\_\_\_.

5. Where is the comarca Embera-Wounaan located?

\_\_\_\_\_.

6. What is the traditional dress of Emberá- Wounaan women?

\_\_\_\_\_.



## ACTIVITY 2

## FILL IN THE BLANKS

1. Gunas are located in the comarcas \_\_\_\_\_,

\_\_\_\_\_, and \_\_\_\_\_.

2. \_\_\_\_\_ make chaquira necklaces.

3. The body painting of the Embera- Wounaan is called \_\_\_\_\_.

4. Some afro descendants speak \_\_\_\_\_ and Spanish.

5. Afro-descendants like to eat \_\_\_\_\_.

Wh- words are used to make information questions.

Wh- + auxiliary verb (be, do or have) + subject + main verb

**Where** are the **Gunas** **located**? They are located in Comarca Guna Yala.

**What** do **they** **eat**? They eat tulemasi.

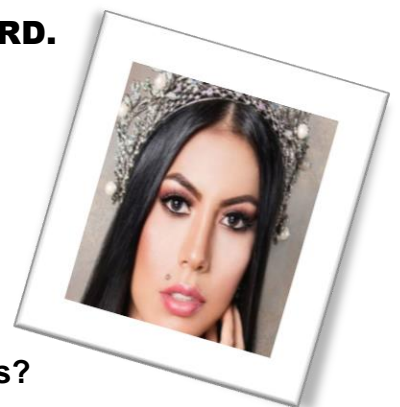
# Wh-words

<b>What</b> - use to ask about people, things and animals.	<b>When</b> - use to ask about time.
<b>Why</b> - use to ask about reason.	<b>Which</b> - use to ask about people and things when there's a choice to make.
<b>Who</b> - use to ask about people.	<b>Where</b> - use to ask about place.



COMPLETE THE QUESTIONS WITH THE CORRECT WH- WORD.

- \_\_\_\_\_ are the Embera-Wounaan located?
- \_\_\_\_\_ is Rosa Iveth Montezuma?
- \_\_\_\_\_ the favorite dance of afro descendants?
- \_\_\_\_\_ is the black ethnicity celebrated?
- \_\_\_\_\_ is Panama considered a culturally diverse country?





**FIND THE WORDS BELOW**

C	L	D	B	R	I	B	R	I	M
N	H	I	W	S	P	W	A	G	A
A	E	A	T	H	L	F	K	I	D
T	M	O	Q	E	V	Y	D	E	U
I	B	Z	T	U	R	B	B	U	G
V	E	O	W	P	I	I	O	G	A
E	R	M	O	L	A	R	B	F	N
L	A	M	R	Z	B	W	A	E	D
S	B	E	E	E	G	U	N	A	I
V	E	T	H	N	I	C	I	T	Y

ETHNICITY

EMBERA

GUNA

BRIBRI

INDIGENOUS

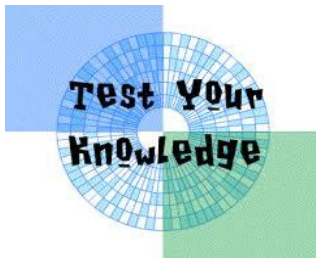
CHAQUIRA

MOLA

MADUGANDI

NATIVE

TERIBE



**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT**

## **Instructions**

1. Make a big poster with information about the different ethnic groups.
2. Use draws or pictures to illustrate the poster.
3. Write 2 WH- questions about the information you want to know about ethnic groups.
4. Remember capital letters and punctuation marks

	Gunas	Ngäbe-Buglé	Emberá-Wounan	Mestizos	Afro
Location					
Language					
Food					
Art					
Dress					
Dance					

Writes 2 WH- questions about ethnic groups in Panama.

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## **SELF-ASSESSMENT CHECKLIST**

Use the following check list to make sure your project is well done.

- Wrote the information about the ethnic groups correctly.
- Used draws or pictures to illustrate the poster.
- Used the WH- words in the questions correctly.
- Used capital letter and punctuation marks when necessary.
- Expressed creativity.

1. **Comarca**: territorial subdivision.
2. **dance**: cultural expression using the body.
3. **dish**: special food.
4. **ethnicity**: group of people that shares a common and distinctive culture, religion, or language.
5. **handcraft**: piece of art made with the hands.
6. **indigenous**: native of a specific region.
7. **jaqua**: traditional body painting of the Embera-Wounaan.
8. **mestizo**: a person with a mix of different ethnicities.
9. **natives**: born in a specific place.
10. **necklace**: piece of jewelry used around the neck.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

- I can classify the ethnic groups of Panama.
- I can list specific characteristics and cultural aspects of the different ethnic groups of Panama.
- I can ask and answer questions about ethnic groups.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

[https://www.tvn-.com/pass/produccion/conectate\\_con\\_la\\_estrella/ingles/septimo\\_grado/Conectate-Estrella-Ingles-Culture-nacionalities\\_2\\_5590710879.html](https://www.tvn-.com/pass/produccion/conectate_con_la_estrella/ingles/septimo_grado/Conectate-Estrella-Ingles-Culture-nacionalities_2_5590710879.html)

[https://www.youtube.com/watch?v=Ee\\_KjT7jt1A](https://www.youtube.com/watch?v=Ee_KjT7jt1A)

<https://www.youtube.com/watch?v=42kGpbnttuk>



## WEEKS 6-7

# ***TOURIST ATTRACTIONS IN PANAMA***

Panama is a fascinating country. It is full of amazing places to visit and enjoy. Every year, millions of people come to our country to enjoy our culture, traditions, and attractions. We have very interesting places to visit not only in the city but in the whole country. However, one of the favorite places for visitors is the Panama Canal.

### OBJECTIVES

- *To locate tourist places in the different provinces of Panama.*
- *To describe tourist places in Panama.*

**DID  
YOU  
KNOW?**



**... In 2019, more  
than a million  
people visited  
the Panama  
Canal?**



Can you mention tourist places you have visited in Panama?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

The most visited tourist attractions in Panama are:

	<p><b>San Blas</b></p> <p>San Blas is an <b>indigenous</b> region.</p>		<p><b>Casco Viejo</b></p> <p>Casco Viejo is a <b>unique</b> place.</p>
	<p><b>Portobelo</b></p> <p>Portobelo is a <b>cultural</b> site.</p>		<p><b>The Panama Canal</b></p> <p>The Panama Canal is a <b>famous</b> waterway.</p>
	<p><b>The Old City of Panama</b></p> <p>The Old City of Panama is a <b>historical</b> place.</p>		<p><b>The Anton Valley</b></p> <p>The Anton Valley is a <b>magical</b> place.</p>
	<p><b>The Amador Causeway</b></p> <p>The biodiversity museum is very <b>colorful</b>.</p>		<p><b>Taboga</b></p> <p>Taboga is a <b>quiet</b> place.</p>
	<p><b>Colon Island</b></p> <p>Colon island is a <b>beautiful</b> paradise.</p>		<p><b>Boquete</b></p> <p>The weather in Boquete is <b>cold</b>.</p>

## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Archipelago
- ✓ beach
- ✓ biodiversity
- ✓ enjoy
- ✓ exhibition
- ✓ fascinating
- ✓ forget
- ✓ island
- ✓ museum
- ✓ near
- ✓ pleasant
- ✓ take a look
- ✓ trip
- ✓ weather
- ✓ welcome

## READING COMPREHENSION

READ CAREFULLY

# Welcome to Panama



**Welcome** to Panama. I am Luis Castillo and I am your tourist guide. Visiting Panama is a unique experience. There are many historical places and attractions to **enjoy**. In the city, you can visit the Casco Viejo and the Old City of Panama, to know more about our **fascinating** colonial history. Besides, you can go to the Amador Causeway and **take a look** to the **biodiversity museum** and the Smithsonian **Exhibition Center**.

If you like **beaches**, you can take a **trip** to Taboga, and Contadora which are famous islands **near** the city; you can also visit the San Blas **archipelago**, or Bocas del Toro and enjoy the colorful Colon **Island**. However, if you are a mountain community lover, you can go to the Anton Valley in Coclé, and to Boquete in Chiriquí, I am sure you will like their cold and **pleasant weather**.

No matter what your plans are, make sure you don't **forget** to visit the Panama Canal.

After reading several times, answer the following questions.

What is the title of the reading?

\_\_\_\_\_

Who is Luis Castillo?

\_\_\_\_\_

Mention two historical places the tourist guide recommends to visit in the city.

\_\_\_\_\_, \_\_\_\_\_

Mention two famous islands near the city.

\_\_\_\_\_, \_\_\_\_\_

Mention two mountain communities in Panama.

\_\_\_\_\_, \_\_\_\_\_

**ACTIVITY 2****CHOOSE THE BEST ANSWERS**

1. The weather in Boquete is \_\_\_\_\_.

- a. unique
- b. beautiful
- c. colorful
- d. cold

2. San Blas is an \_\_\_\_\_.

- a. island
- b. country
- c. archipelago
- d. province

3. The Biodiversity \_\_\_\_\_ is located in the Amador Causeway.

- a. valley
- b. museum
- c. island
- d. mountain

4. The Casco Viejo is a \_\_\_\_\_ place.

- a. historical
- b. natural
- c. indigenous
- d. colorful



## STRUCTURE

## ADJECTIVES

**Adjectives:** are words that describe people, things and places.

Adjectives **before** a noun  
(modify the noun they precede)

Adjective + noun

Casco Viejo is a **historical** site.

San Blas is an **indigenous** region.

Adjectives **after** a verb  
(modify the subject of the sentence)

subject+ verb + adjective

Casco Viejo is **unique**.

San Blas is **magical**.

### ADJECTIVES TO DESCRIBE PLACES

beautiful

colorful

cultural

historical

indigenous

quiet

cold

famous

magical

unique



The Old City of Panama is a **historical** place.



### ACTIVITY 3

### COMPLETE THE SENTENCES WITH THE CORRECT ADJECTIVE

1. The Biodiversity Museum is a \_\_\_\_\_ structure.
2. The Old City of Panama is a \_\_\_\_\_ place.
3. The Anton Valley is a \_\_\_\_\_ region.
4. Portobelo is a historical and \_\_\_\_\_ community.
5. Boquete is \_\_\_\_\_ by its flowers and coffee fairs.

cultural

historical

colorful

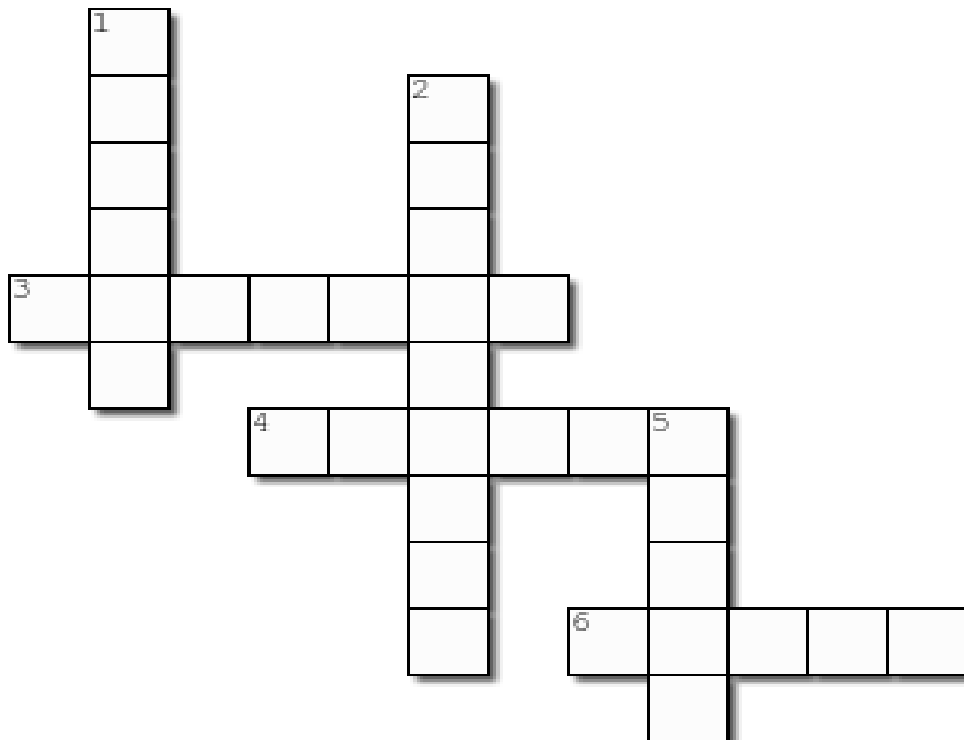
famous

cold



READ THE CLUES AND COMPLETE THE  
CROSSWORD

## TOURIST ATTRACTIONS IN PANAMA



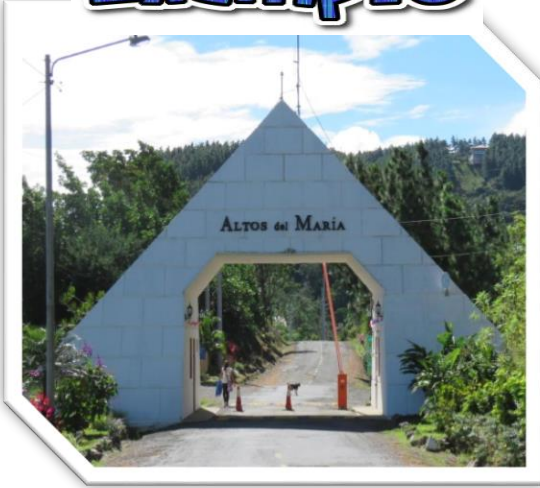
### Across

3. MOUNTAIN COMMUNITY IN CHIRIQUI
4. ISLAND LOCATED NEAR PANAMA CITY
6. ISLAND LOCATED IN BOCAS DEL TORO

### Down

1. CAUSEWAY IN THE CITY
2. HISTORICAL PLACE IN COLON
5. VALLEY LOCATED IN COCLE

## Example



Altos del Maria is a beautiful community.

The weather in Altos del Maria is cold.

## Places to Visit in Panama

Make a flyer about 3 tourist attractions in your province.

- ✓ Use pictures or draws of the tourist attractions.
- ✓ Write 2 sentences about the places.
- ✓ Use adjectives to describe places in each sentence.
- ✓ Underline the adjective in each sentence.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Used three draws or pictures.**
- Wrote two sentences in each example.**
- Used the adjectives in the correct positions in the sentences.**
- Used capital letters and punctuation marks correctly.**
- Expressed creativity.**

1. **Adjective**: a word that describes people, places, and things.
2. **archipelago**: a group of islands.
3. **biodiversity**: the variety of life found in a place.
4. **city**: an area with a large number of people.
5. **colorful**: with many colors.
6. **indigenous**: a native of a particular region.
7. **island**: a piece of land surrounded by water.
8. **pleasant**: enjoyable, attractive, friendly.
9. **tourist guide**: a person who assists visitors.
10. **waterway**: a river, canal, or another route to travel by water.

## I CAN...

## CHECK ( ✓ ) THE THINGS YOU LEARNED

I can name places I know.

I can identify adjectives to describe places.

I can use adjectives in sentences to describe tourist places in Panama.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=e7Xtyh09HdM>

<https://www.youtube.com/watch?v=EdjrhKFM2ww&t=8sh>

<https://www.youtube.com/watch?v=dL2hQRVuCKM>

[https://www.tvn-.com/pass/produccion/conectate con la estrella/ingles/septimo grado/Conectate-Estrella-Ingles-Ethnic-Group 2 5597460265.html](https://www.tvn-.com/pass/produccion/conectate%20con%20la%20estrella/ingles/septimo%20grado/Conectate-Estrella-Ingles-Ethnic-Group%202%205597460265.html)



## PANAMA'S EDUCATIONAL SYSTEM



## WEEKS 8-9-10

# PANAMA'S EDUCATIONAL SYSTEM

Our educational system is divided into different levels:

- ✓ Preschool and Kindergarten
- ✓ Elementary School
- ✓ Junior High
- ✓ High School
- ✓ College (University)

### OBJECTIVES

- *To describe the levels and sectors of our educational system.*
- *To define the role of people related to our educational system.*

**DID YOU KNOW?**

**...This is the first time in our history as a nation that we have distance and virtual education because of a pandemic?**

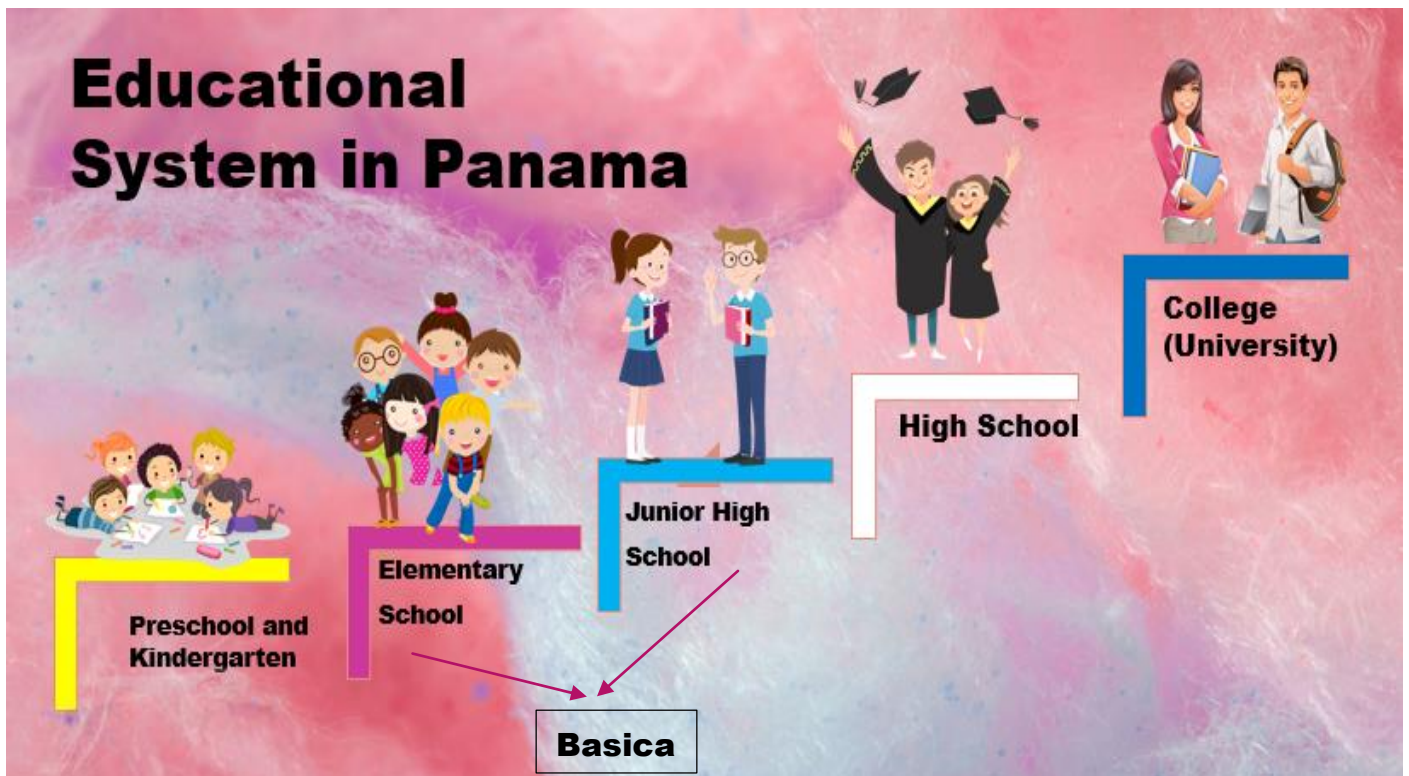


Can you complete the following information about your school life?

My name is \_\_\_\_\_. I study  
at \_\_\_\_\_ school. I am in \_\_\_\_\_ grade.  
My favorite subject is \_\_\_\_\_.

**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**



**People in our educational system:**

- ✓ **Minister of education**
- ✓ **district supervisor**
- ✓ **principal**
- ✓ **teachers**
- ✓ **students**
- ✓ **family**

## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ Age
- ✓ business
- ✓ grade
- ✓ humanities

- ✓ learn
- ✓ level
- ✓ mandatory
- ✓ private

- ✓ public
- ✓ science
- ✓ stage
- ✓ system

## READING COMPREHENSION

READ CAREFULLY

### PANAMA'S EDUCATIONAL SYSTEM



The educational **system** in Panama is divided into three **levels**: basic, high school, and university education. There are **public** and private schools. Public schools are **mandatory** up to ninth **grade**.

The basic education is divided in pre-school, elementary and junior high education.

Preschool: Children attend preschool between the **ages** of four and five. It is the first time that you go to school. You meet a lot of friends, start learning the colors and have a lot of fun.

Elementary School: These stages has six grade levels, and it is for **kids** between six and twelve years old. It goes from 1<sup>st</sup> to 6<sup>th</sup> grade. In these levels, you start learning to read, write, and practice sports.

Junior High School: Children between 12 and 15 years old attend this level. These three grades are 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade. This **stage** ends after three years and students receive a certificate.

High school: It involves ten, eleven, and twelve grades. Before starting this stage, students have to decide if they want to study **science**, **humanities**, **business**, or a technical area. It lasts three years and it is for students between 15 and 18 years old. After these three years of high school, students receive a diploma.

The last stage is the university. In Panama you can study in a public or **private** university. The Ministry of Education is in charge of regulating the Panamanian educational system.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What do children do in kindergarten?

\_\_\_\_\_.

2. How many levels does the elementary school have?

\_\_\_\_\_.

3. Mention three options to study in high school?

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

4. When do you receive your first certificate?

\_\_\_\_\_.

5. How many years does the high school involve?

\_\_\_\_\_.

6. How is our educational system divided?

\_\_\_\_\_.

7. In which grade did you start writing?

\_\_\_\_\_.



## ACTIVITY 2

## ANSWER THE FOLLOWING PERSONAL QUESTIONS

### ***MEMORIES OF MY SCHOOL TIME***

1. My first English teacher was \_\_\_\_\_.

2. The principal of my school is \_\_\_\_\_.

3. The name of your grade Teacher is \_\_\_\_\_.

4. My best friend at school is \_\_\_\_\_.

5. The name of my English teacher is \_\_\_\_\_.

# STRUCTURE

# YES/NO QUESTIONS WITH BE ORDINAL NUMBERS

## Yes/ No questions

**Be+ subject+ object+?**

**Are you in seventh grade?**

**Is Carmen in public school?**

## Answers

### Affirmative

**Yes + subject + be**

**Yes, I am**

**Yes, she is.**

### Negative

**No + subject + be + not**

**No, I am not.**

**No, She isn't.**

## Ordinal numbers

1st	First	11th	Eleventh
2nd	Second	12th	Twelfth
3rd	Third	13th	Thirteenth
4th	fourth	14th	Fourteenth
5th	fifth	15th	Fifteenth
6th	Sixth	16th	Sixteenth
7th	Seventh	17th	Seventeenth
8th	Eighth	18th	Eighteenth
9th	Ninth	19th	Nineteenth
10th	tenth	20th	twentieth

Are you in  
7<sup>o</sup> grade.



Yes, I am.

## ACTIVITY 3

## COMPLETE THE FOLLOWING ACTIVITIES

**MAKE YES/NO QUESTIONS FOR THE SENTENCES BELOW, THEN ANSWER.**

1. Maria in tenth grade.

\_\_\_\_\_ No, \_\_\_\_\_.

2. Juan is in seventh grade.

\_\_\_\_\_ Yes, \_\_\_\_\_.

3. We are happy to start school.

\_\_\_\_\_ Yes, \_\_\_\_\_.

### WRITE THE ORDINAL NUMBER

1<sup>st</sup> \_\_\_\_\_ 7<sup>th</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 9<sup>th</sup> \_\_\_\_\_  
8<sup>th</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_ 10<sup>th</sup> \_\_\_\_\_ 12<sup>th</sup> \_\_\_\_\_

### FILL IN THE BLANKS

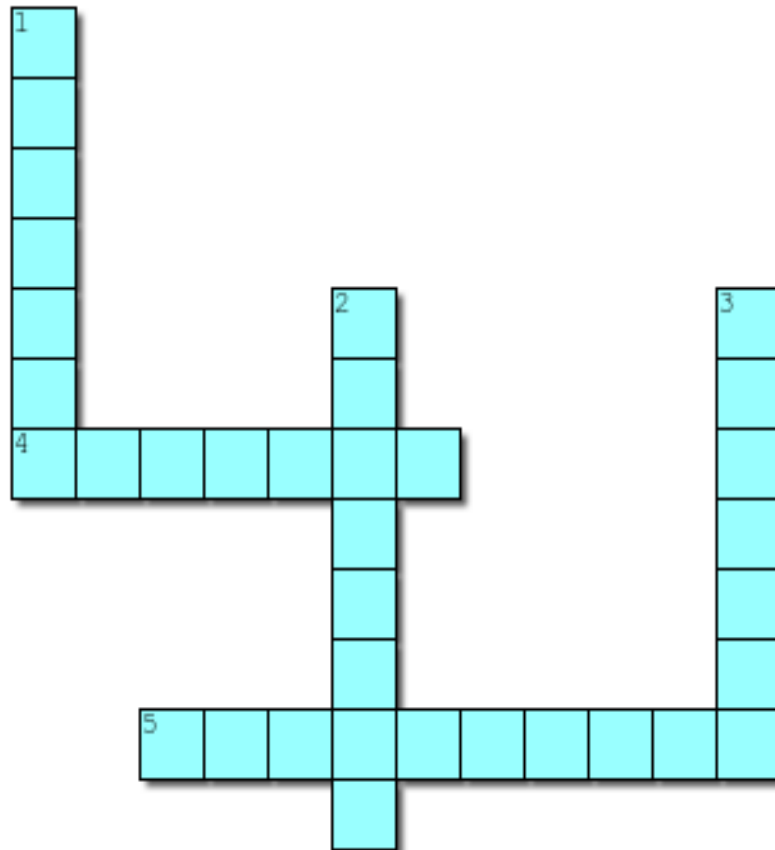
1. Sara is eight years old. She is in \_\_\_\_\_ grade.

2. I am twelve years old. I am in \_\_\_\_\_ grade.



READ THE CLUES AND COMPLETE THE  
CROSSWORD

# EDUCATION



## Across

4. PERSON WHO STUDIES AT A SCHOOL OR UNIVERSITY.
5. PERSON IN CHARGE OF SUPPORTING SCHOOLS IN A REGION.

## Down

1. PERSONS RESPONSIBLE OF A STUDENT.
2. PERSON IN CHARGE OF EDUCATION IN A COUNTRY.
3. PERSON IN CHARGE OF TEACHING AT SCHOOL.

Test Your  
Knowledge

**FOLLOW THE INSTRUCTIONS TO MAKE THE  
PROJECT**

## ***FIND OUT***

**Find out the following information and make a report.**

1. The name of the Minister of Education and her main function.
2. The name of your English teacher.
3. The name of the principal of your school and 3 of his/her duties.
4. Mention 3 students' responsibilities.
5. Mention 5 parents' responsibilities toward students.
6. The name of your school supervisor?



## ***SELF-ASSESSMENT CHECKLIST***

Use the following check list to make sure your project is well done.

- Wrote the name of the authorities correctly.
- Wrote the responsibilities of the authorities.
- Wrote students and parents responsibilities.
- Used capital letters and punctuation marks when necessary.
- Expressed creativity.

1. District supervisor: a professional in charge of supporting schools in an area.
2. humanities: academic disciplines that study the human society.
3. memories: events we remember.
4. Minister of Education: a professional in charge of public and private education.
5. principal: professional in charge of a school.
6. private school: school supported by parents' funds.
7. public school: school supported by public funds.
8. regulate: to control.
9. student: a person who studies at school or university.
10. teacher: professional in charge of a class or subject.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

**I can differentiate the levels of education in Panama.**

**I can associate people with their roles in our educational system.**

**I can make and answers yes/no questions about school.**

SUPPLEMENTARY  
MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=gMXFsO6PU-g>

<https://www.youtube.com/watch?v=lfhqwaaCTfA>



## WEEKS 11-12-13

### Food Groups and Their Contribution to a Balanced Diet

Eating well is a lifestyle. It helps us avoid many diseases. Our body needs a variety of nutrients to grow strong and healthy. These nutrients are provided by the different food groups. There should be a balance among all the food we eat. With a careful food selection, we can get all the nutrients we need while we enjoy a variety of food and still maintain a healthy body weight.

#### OBJECTIVES

- *To recognize the importance of having a balanced diet.*
- *To classify meals according to the different nutritional groups.*

**DID YOU KNOW?**



**... The only fruit that has its seed on the outer skin is the strawberry?**



Would you share the food you like and dislike?

### I Like...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_








### I Don't Like...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## TOPIC EXPLANATION

READ CAREFULLY AND PRACTICE

A **balanced diet** gives your body the nutrients it needs to function correctly. The food groups that provide these nutrients are:

<b>FOOD GROUP</b>	<b>NUTRIENTS</b>	<b>EXAMPLES</b>
 <b>DAIRIES</b>	<b>CALCIUM</b>	<b>Milk, butter, cheese, yogurt</b>
 <b>FRUITS</b>	<b>VITAMINS</b> <b>MINERALS</b>	<b>Pineapple, avocado, watermelon, papaya, grapes, strawberries</b>
 <b>VEGETABLES</b>	<b>VITAMINS</b> <b>MINERALS</b>	<b>Lettuce, cabbage, pepper, carrot, broccoli, onion</b>
 <b>GRAINS</b>	<b>FIBER</b>	<b>Oat, corn, lentils, beans</b>
 <b>MEATS</b>	<b>PROTEINS</b>	<b>Meat, chicken, pork, fish</b>

## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Breakfast
- ✓ dinner
- ✓ disease
- ✓ gastrointestinal
- ✓ habits
- ✓ healthy
- ✓ improve
- ✓ meal
- ✓ nutritionist
- ✓ portion
- ✓ receive
- ✓ say
- ✓ snacks
- ✓ sweets
- ✓ weight

## READING COMPREHENSION

READ CAREFULLY

# Visiting the Nutritionist



Last week, my mother decided to make a family visit to the nutritionist, in order to improve our eating habits. Melissa, the nutritionist, received us with a big smile. She says that in order to eat healthy we need to eat food from the different food groups in the correct portions.

She mentioned that we must eat three main meals everyday: breakfast, lunch and dinner and also two light snacks. Furthermore, she suggested to avoid sweets and sugar based drinks.

Karla recommended to take our meals at the same time every day, and not to take dinner after seven p.m. in order to have a good digestion and avoid gastrointestinal diseases.

Finally, she said that drinking water and doing physical exercise is important to keep healthy and in a good weight.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

What is the title of the reading?

---

Who is Melissa?

---

Mention the main meals we need to eat every day.

---

Why does the family decide to visit the nutritionist?

---

Mention two recommendations from the nutritionist.

---

---

## ACTIVITY 2

## TRUE OR FALSE

1. We need to eat four main meals every day.
  - a. true
  - b. false
2. Breakfast is the first meal of the day.
  - a. true
  - b. false
3. It is healthy to drink sweets and sugar-based drinks.
  - a. true
  - b. false
4. We need to drink water to keep healthy and avoid diseases.
  - a. true
  - b. false
5. It is good to eat our meals at different times every day.
  - a. true
  - b. false



# STRUCTURE

# I LIKE/I DON'T LIKE SIMPLE PRESENT

## TO EXPRESS LIKES

## TO EXPRESS DISLIKES

Subject+ like+

Sub+ like +v (infinitive)+

Subject+ auxiliary+ not+ like+

I like apples.

I like to eat apples.

She likes pizza.

She likes to eat Pizza.

He likes lemonade.  
lemonade.

He likes to drink

We like vegetables.

We like to eat vegetables.

You like chicken.

You like to eat chicken.

They like fish.

They like to eat fish.

Subject+ auxiliary+ not+

I **don't** like to eat vegetables.

He **doesn't** like to eat vegetables.

## QUESTIONS

### Yes/No Questions

Do you like spaghetthis?

Yes, I do.

No, I don't.

### WH- Questions

What do you like to eat?

I like to eat pizza.

Do you like  
veggies?

Yes, I do  
I like to eat  
cucumber and  
carrots.



## ACTIVITY 3

## COMPLETE THE CONVERSATION WITH THE CORRECT ANSWER FROM THE BOX

A. Hey Kevin, What do you \_\_\_\_\_ to eat?

B. I like to eat chicken and french fries.

A. \_\_\_\_\_ you like orange juice?

B. \_\_\_\_\_. I love to drink natural fruit juice.

A. Do \_\_\_\_\_ like this salad?

B. No, \_\_\_\_\_. I don't like to eat veggies.



I don't  
like  
you  
Yes, I do  
Do



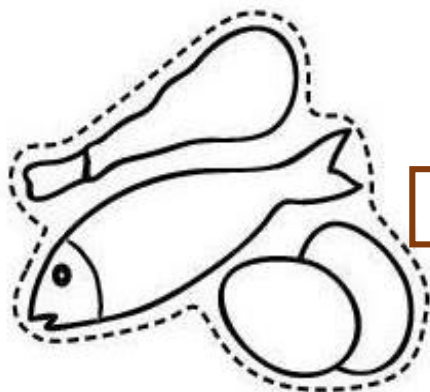
COLOR AND LABEL THE FOOD GROUPS



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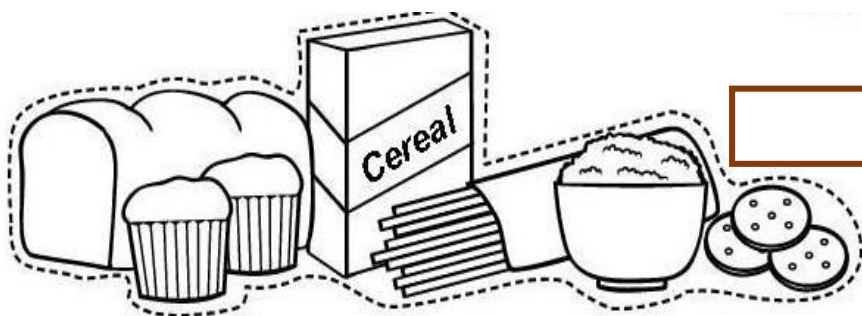
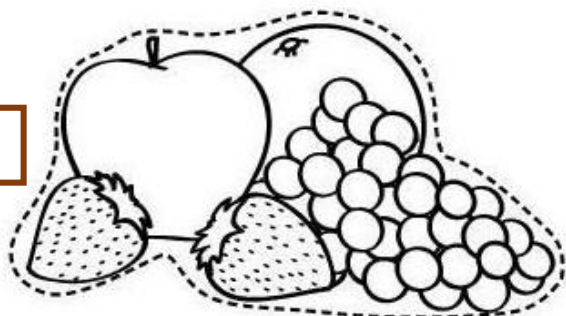


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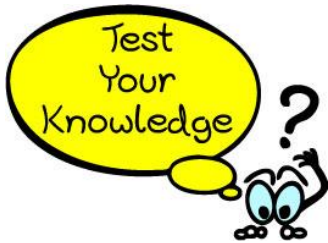


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**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT**

# A Healthy Eating Day

**Breakfast** \_\_\_\_\_

**snack** \_\_\_\_\_

**Lunch** \_\_\_\_\_

**snack** \_\_\_\_\_

**Dinner** \_\_\_\_\_



**Likes**



**Dislikes**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Project

Make a proposal for a day of healthy meals.

- ✓ Write healthy meals to eat during the five meals of a day.
- ✓ Include food from the different food groups.
- ✓ Write 3 sentences about healthy food you like to eat.
- ✓ Write 3 sentences about food you don't like to eat.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Included food from the different food groups.
- Wrote names of food according to the meal of the day.
- Used the structure correctly to express likes and dislikes in sentences.
- Used capital letters and punctuation marks correctly.
- Expressed his/her creativity.

1. **Diet**: a particular selection of food and drinks.
2. **digestion**: the process our body goes through to break the food we eat into substances it can absorb and use.
3. **disease**: an abnormal condition that negatively affects the body.
4. **habit**: a regular tendency or practice.
5. **health**: a state of well-being.
6. **nutrient**: a substance required by the organism to survive and grow.
7. **nutritionist**: a nutrition expert.
8. **snack**: a light meal.
9. **sweet**: food made of sugar.
10. **weight**: a measure of the heaviness of an object.

## I CAN...

CHECK ( ✓ ) THE THINGS YOU LEARNED

- I can categorize meals according to the different nutritional groups.
- I can express likes and dislikes in terms of food.
- I can write sentences about the food he/she eats for breakfast, lunch, and dinner.

**Fantastic**

## SUPPLEMENTARY MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=-0jySfEpvFI&feature=youtu.be><https://www.youtube.com/watch?v=k-besF9yuHY>





Can you mention some junk food and healthy food you eat?

<i>Healthy Food</i>	<i>Junk Food</i>



**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

## *Causes and Consequences of a Bad Nutrition*



### ***WHAT CAUSES...***

**Obesity:** *It is generally caused by eating too much, moving too little and consuming junk food, soda, drinks, fat, and sugar.*

**Diabetes:** *It happens when you eat too much sugar, such as soda and drinks.*

**High blood pressure:** *It happens when you eat food with too much oil or fat.*

**The best way to avoid these diseases is by eating healthy food.**

***Stay healthy***

## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ **blood**
- ✓ **diabetes**
- ✓ **diet**
- ✓ **diseases**
- ✓ **fiber**

- ✓ **junk food**
- ✓ **nutrients**
- ✓ **Nutrition**
- ✓ **obesity**
- ✓ **poultry**

- ✓ **pressure**
- ✓ **seeds**
- ✓ **stroke**
- ✓ **sugar**
- ✓ **sweets**

## READING COMPREHENSION

READ CAREFULLY

# Bad Nutrition and Its Consequences



*Bad **nutrition** is a serious condition that happens when your **diet** does not contain the right amount of nutrients. People should eat healthy food such as: fruits, vegetables, **fiber**, nuts, **seeds**, meat, fish, **poultry**, and whole grains; also we have to drink a lot of water.*

*People should avoid eating **junk food** like chips, cookies, donuts, **sweets**, pizza, fried chicken, French fries, and soda. Junk food is delicious but unhealthy.*

*There are some **diseases** that are caused by bad nutrition such as: heart diseases, **obesity**, **high blood pressure**, **stroke**, **diabetes**. The best way to avoid these diseases is by eating healthy food and exercising.*

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_.

2. How does bad nutrition affect your health?

\_\_\_\_\_.

3. What is junk food?

\_\_\_\_\_.

4. What is healthy food?

\_\_\_\_\_.

5. What is the best way to avoid diseases?

\_\_\_\_\_.

6. Provide 3 examples of unhealthy food.

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



## ACTIVITY 2

## FILL IN THE BLANKS

1. Some diseases that are caused by bad nutrition are:

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

2. To be healthy you have to eat:

\_\_\_\_\_.

3. You shouldn't eat:

\_\_\_\_\_.

4. Besides eating healthy food, we must drink a lot of \_\_\_\_\_.



5. \_\_\_\_\_ is the disease caused by consuming a lot of sugar.

## STRUCTURE

## SHOULD AND SHOULDN'T

**Use should or shouldn't for advice.**

### Affirmative

**Subject + should+ verb (base form)**

**Example: You should eat healthy food.**

### Negative

**Subject + should+ not+ verb (base form)**

**Example: You shouldn't eat junky food.**



Everybody  
should eat  
healthy food.

## ACTIVITY 3

## WRITE SHOULD OR SHOULDN'T

# Use should or shouldn't



**Diana \_\_\_\_\_ eat healthy food.**



**Ronald \_\_\_\_\_ eat junk food.**



**They \_\_\_\_\_ drink soda.**



**Students \_\_\_\_\_ practice sports.**



FIND THE WORDS

S	N	U	T	R	I	T	I	O	N
Y	X	N	D	S	T	R	O	K	E
D	I	A	B	E	T	E	S	V	H
M	O	L	U	L	J	F	W	Q	E
H	N	B	J	K	L	U	O	F	A
E	H	B	E	F	W	U	N	S	L
A	U	Y	L	S	I	A	K	K	T
R	P	F	Z	N	I	B	T	W	H
T	N	A	R	S	A	T	E	E	Y
K	S	T	X	G	I	U	Y	R	R

**DIABETES**

**FAT**

**FIBER**

**HEART**

**HEALTHY**

**NUTRITION**

**JUNK**

**STROKE**

**OBESITY**

**WATER**

Test Your  
Knowledge

**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT**

## Advices to Avoid Diseases by Bad Nutrition



You shouldn't eat junk food.

## Instructions

**Make a brochure about advices to avoid diseases caused by bad nutrition.**

- ✓ **Write 5 advices to about diseases caused by bad nutrition.**
- ✓ **Use pictures or draws to illustrate each advice.**
- ✓ **Use should or shouldn't in each example.**
- ✓ **Remember capital letter and punctuation marks.**

## Self-assessment Checklist

**Use the following check list to make sure your project is well done.**

- Wrote 5 advices to void diseases by bad nutrition.**
- Used pictures and draws to illustrate each advice.**
- Used should and shouldn't correctly in sentences.**
- Used capital letters and punctuation marks correctly.**
- Expressed his/her creativity.**

## GLOSSARY

## READ ALOUD

1. Advice: a recommendation.
2. avoid: not to do something.
3. consequence: result of a bad decision or action.
4. diabetes: is a disease that occurs when your blood glucose is too high.
5. heart disease: any disorder that affects the heart.
6. high blood: blood pressure exceeding 140 over 90.
7. obesity: an abnormal or excessive fat accumulation that represents a risk to health.
8. poultry: domestic fowls, generally raised for egg or meat.
9. stroke: is a sudden death of brain cells due to a lack of oxygen.
10. unhealthy: something that affects the health.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

- I can distinguish healthy from junk food.
- I can list diseases caused by bad nutrition.
- I can use should to write advice about healthy and junk food.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

[https://www.tvn-.com/pass/produccion/conectate con la estrella/ingles/septimo grado/Conectate-Estrella-Food-Groups-balanced 2 5610958898.html](https://www.tvn-.com/pass/produccion/conectate%20con%20la%20estrella/ingles/septimo%20grado/Conectate-Estrella-Food-Groups-balanced%202%205610958898.html)

<https://youtu.be/mMHVEFWNLMc>  
<https://youtu.be/puq8cLfTg0Y>



## WEEKS 16-17-18

### BENEFITS OF PRACTICING HEALTHY HABITS

Keeping healthy and fit is trendy now. Every year, more people decide to change their lives and start healthy lifestyles. Exercising regularly, eating healthy food, visiting the doctor, are only some of the healthy habits we can practice to live more and enjoy life. Adolescence is a good moment to start taking care of our physical and mental health.

#### OBJECTIVES

- *To discuss the benefits of practicing healthy habits.*
- *To recognize some habits to grow healthy.*

**DID YOU KNOW?**



**...Laughing is considered one of the best medicines for the body and the soul?**



Can you share 5 healthy habits you and your family practice regularly.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

Some healthy habits we can practice are:



Exercising regularly



Eating on time



Practicing Sports



Sleeping 8 hours a



Visiting the doctor

## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Active
- ✓ advice
- ✓ avoid
- ✓ fit
- ✓ granny

- ✓ grow
- ✓ laugh
- ✓ long
- ✓ mentally
- ✓ performance

- ✓ physically
- ✓ things
- ✓ together
- ✓ wise
- ✓ young

## READING COMPREHENSION

READ CAREFULLY

### A LONGER LIFE



I love to visit my **granny** Elisa. She is a very **wise** woman. Even though she is 90 years old, she is very healthy and professionally **active**.

When we are **together**, she always tells me her stories, and gives me **advices** about how to have a **long** and happy life. She says there are some **things** she always does to be **mentally** and **physically** healthy. First, she says it is necessary to eat healthy food and **avoid** junk food. My granny doesn't eat outside. She always cooks her meals and eats them at the same time every day. Second, she always sleeps 8 hours a day, and if she can, she takes some naps during the day. Third, she exercises regularly, she said that when she was **young**, she was a soccer player. Can you imagine? Finally, she says she always visits her doctor to prevent diseases and control any health condition.

My granny says that if I do all these things and **laugh** all the time, I will keep healthy and **fit** and I will have a good **performance** at school or job. Definitely, I am going to follow her advice. When I **grow** up I hope to be as healthy and active as my granny.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

What is the title of the reading?

---

How old is granny Elisa?

---

How long does granny Elisa sleep every day?

---

According to granny Elisa, why is it important to visit the doctor?

---

Mention two recommendations granny Elisa considers important to have a long life.

---

---

## ACTIVITY 2

## TRUE OR FALSE

1. Exercising regularly is a good way to keep fit.
  - a. true
  - b. false
2. We need to sleep three hours a day.
  - a. true
  - b. false
3. We need to visit the doctor just when we have a disease.
  - a. true
  - b. false
4. Eating junk food is not good for our body.
  - a. true
  - b. false
5. Smiling is important for our health.
  - a. true
  - b. false

**GOING TO:** is used to express future plans.

Subject+ to be + **going to**+ verb+

**AFFIRMATIVE**

I am **going to** practice sports.  
 You are **going to** visit the doctor.  
 She/ He is **going to** exercise regularly.  
 We/You/They are **going to** play basketball.

Subject+ to be + **going to**+ **not**+ verb+

**NEGATIVES**

I 'm **not** going to practice sports.  
 You 're **not** going to visit the doctor.  
 She /He's **not** going to exercise regularly.  
 We/You/They're **not** going to play

**QUESTIONS**

**Yes/No Questions**

**Are you going to** play soccer?  
 Yes, I am.  
 No; I am not.

**WH- Questions**

**What are you going to** play?  
 I **am** going to play soccer.



**ACTIVITY 3**

**COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE VERB BE AND GOING TO**

1. What \_\_\_\_\_ you \_\_\_\_\_ do to keep fit?
2. Lorena \_\_\_\_\_ visit the doctor.
3. \_\_\_\_\_ you \_\_\_\_\_ to sleep 8 hours a day?
4. Melany and Jake \_\_\_\_\_ to eat healthy.
5. I \_\_\_\_\_ to eat on time?



FIND THE WORDS BELOW

## WORD SEARCH

G	H	A	B	I	T	S	P	R	M
N	Q	G	D	O	C	T	O	R	E
B	A	C	T	I	V	E	W	O	N
E	N	P	A	Y	R	J	I	A	T
N	S	S	D	G	Z	C	S	V	A
E	L	M	V	R	T	K	E	O	L
F	E	I	I	O	N	Y	U	I	L
I	E	L	C	W	J	Q	N	D	Y
T	P	E	E	S	P	O	R	T	S
S	J	E	X	E	R	C	I	S	E

ACTIVE

EXERCISE

SLEEP

ADVICE

GROW

SMILE

AVOID

HABITS

SPORTS

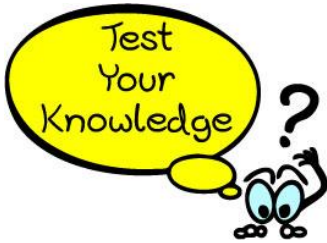
BENEFITS

MENTALLY

WISE

DOCTOR

NAP



**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT**

## MY HEALTHY LIFESTYLE

THINGS I DO TO BE HEALTHY



**I play baseball every**

THINGS I AM GOING TO DO IMPROVE MY LIFE STYLE



**I am going to visit the doctor regularly.**

## PROJECT

**Make a poster about your lifestyle.**

- ✓ **Write 3 sentences about healthy habits you and your family practice.**
- ✓ **Write 3 sentences about healthy habits you are going to practice after this class.**
- ✓ **Use draws or pictures for each example.**
- ✓ **Remember capital letters and punctuation marks.**

## SELF-ASSESSMENT CHECKLIST

**Use the following check list to make sure your project is well done.**

- Included draws or pictures of healthy habits.**
- Wrote healthy habits correctly.**
- Used going to correctly in sentences.**
- Used capital letters and punctuation marks when necessary.**
- Expressed creativity.**

1. **Adolescence**: stage of life after childhood.
2. **advice**: a suggestion given to someone.
3. **avoid**: to stay away from someone or something.
4. **benefit**: an advantage gained from something.
5. **fit**: in good physical health.
6. **granny**: informal of grandmother.
7. **grow**: natural development by increasing the size and changing physically.
8. **laugh**: expression to show joy.
9. **perform**: to accomplish an action.
10. **wise**: a person with a lot of knowledge.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

I can name the benefits of practicing healthy habits.

I can list the healthy habits I practice and the habits I need to practice.

I can make sentences with going to in order to indicate the healthy habits I plan to practice.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://youtu.be/l7sHQUSp7Gc>

<https://youtu.be/juhyvurt6Jw>



## WEEKS 19-20-21

# Our Flora and Fauna

Our country is a tropical paradise. Here you can find a huge variety of animals and plants. You can even find unique species. The flora includes all types of plants we have as part of our ecosystem; while the fauna includes all animal life.

### OBJECTIVES

- *To define the concepts of flora and fauna and their importance for mankind.*
- *To distinguish elements of our flora and fauna.*

**DID  
YOU  
KNOW?**



**...There are more  
than 10,000  
species of plants  
in Panama?**



Can you mention 5 animals and 5 plants that you have in your community?



ANIMALS	PLANTS
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

The variety of plants that exist in our country can be classified into five basic groups:



Food



Medicinal plants



Plants for industrial use



Timber



Ornamental plants

## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ awesome
- ✓ chamomile
- ✓ fauna
- ✓ flora

- ✓ harpy eagle
- ✓ mint
- ✓ orchid
- ✓ ornamental

- ✓ region
- ✓ sugar cane
- ✓ timber
- ✓ variety

## READING COMPREHENSION

READ CAREFULLY

# OUR FLORA AND FAUNA



The word **flora** refers to all kinds of plants and trees, while the word **fauna** refers to all of the animal's life in any **region**.

The **variety** of plants that exist in our country can be classified into five basic groups: food, medicinal plants, plants for industrial use, **timber**, and **ornamental** plants.

Among the plants that provide us food we have: potatoes, cereals, fruits, vegetables, **sugar cane**, coffee, and rice.

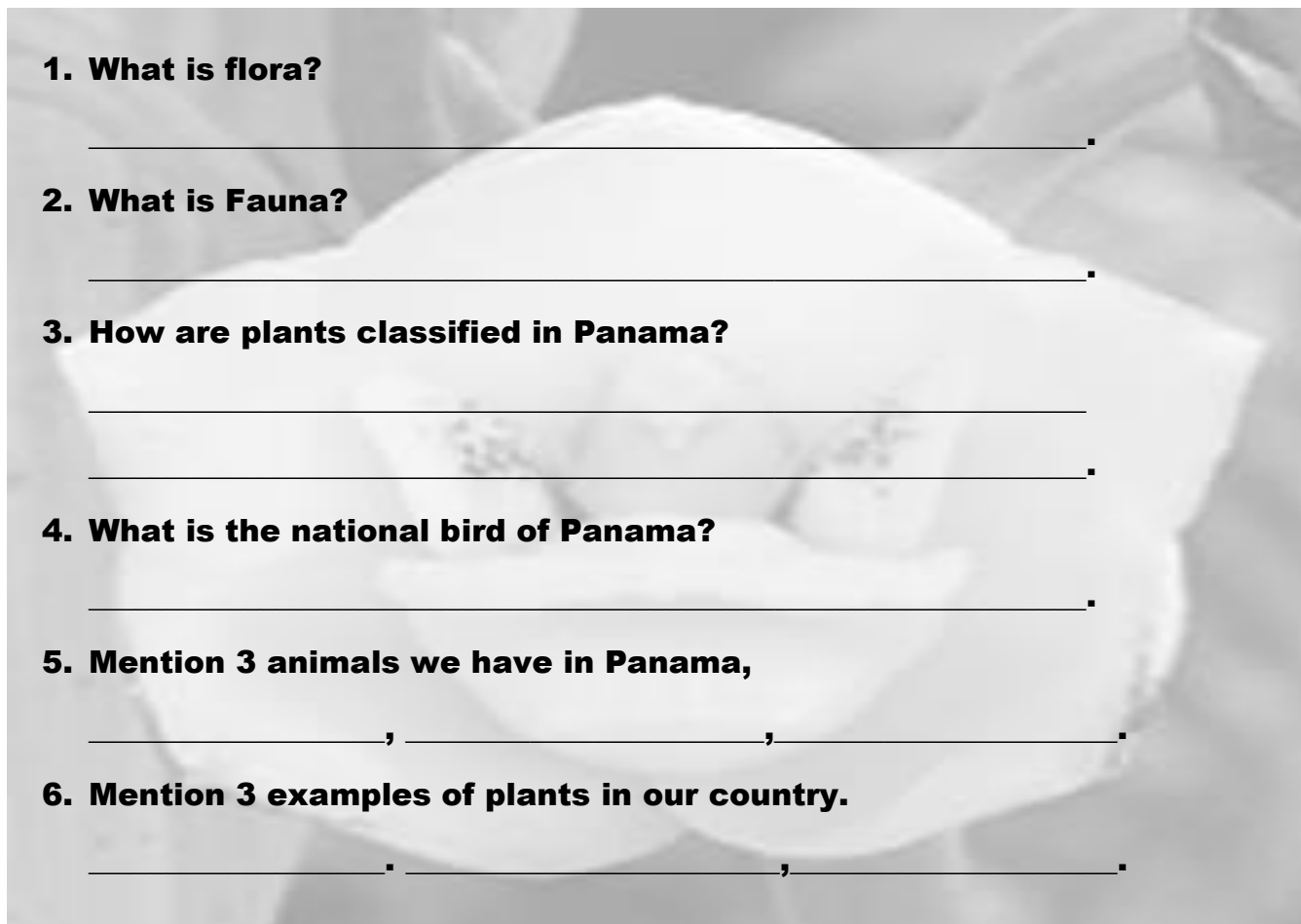
In Panama, we have **awesome** ornamental plants such as: ferns, roses, and **orchids**. Our national flower is an orchid called the holy spirit flower. Besides that, we find many medicinal plants such as: **mint**, **chamomile**, sage, and aloe.

In many provinces, you can find plants used for industrial purposes for example sugar cane. Also, you can find timber like cedar, mahogany, and espave; all of them used for the furniture industry.

In terms of fauna, Panama has a large number of animals like: howler monkey, jaguar, golden frog, sloth, toucan, macaw, iguana, and the majestic **harpy eagle** that is the national bird of Panama.

**ACTIVITY 1****READING COMPREHENSION**

After reading several times, answer the following questions.



1. What is flora?  
\_\_\_\_\_.
2. What is Fauna?  
\_\_\_\_\_.
3. How are plants classified in Panama?  
\_\_\_\_\_  
\_\_\_\_\_.
4. What is the national bird of Panama?  
\_\_\_\_\_.
5. Mention 3 animals we have in Panama,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
6. Mention 3 examples of plants in our country.  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

**ACTIVITY 2****COMPLETE THE CHART**

Complete the chart with 2 examples of the different kinds of plants.

Kind of Plant	Examples	
Food		
Ornamental plants		
Plants for industry		
Timber		
Medicinal plants		

# STRUCTURE

# THERE IS/ THERE ARE

THERE IS + SINGULAR SUBJECT

## AFIRMATIVE

**There is** a bird in my back yard.

THERE ARE + PLURAL SUBJECT

**There are** many kinds of birds.

## QUESTIONS

**Is there** a bird in my back yard?

**Are there** many kinds of birds?

THERE IS + NOT +SINGULAR SUBJECT

## NEGATIVE

**There isn't** a bird in my back yard.

THERE ARE + NOT +SINGULAR SUBJECT

**There aren't** many kinds of birds.



# ACTIVITY 3

# USE THERE IS OR THERE ARE

1. \_\_\_\_\_ a mint tree in my garden.



2. \_\_\_\_\_ macaws on the tree.



3. \_\_\_\_\_ a golden frog on the tree.



4. \_\_\_\_\_ many kinds of monkeys in Panama.





FIND THE WORDS BELOW

# OUR FLORA AND FAUNA

O	G	N	T	R	E	E	S	M	V
P	F	J	F	R	O	G	X	U	Y
W	M	F	A	U	N	A	P	Y	J
A	A	N	Y	G	B	D	V	N	F
L	C	F	L	M	U	O	H	E	R
O	A	C	L	D	O	A	E	A	U
E	W	W	P	O	X	N	R	G	I
T	W	E	B	P	R	Y	K	L	T
F	I	G	U	A	N	A	R	E	J
M	A	H	O	G	A	N	Y	I	Y

aloe

eagle

fauna

flora

frog

fruit

iguana

jaguar

macaw

mahogany

monkey

trees

## Example



There are many toucans in the tree.

## Our Flora and Fauna

Make a poster about the flora and fauna of Panama

- ✓ Provide 5 examples of plants and 5 example of animals.
- ✓ Use pictures or draws of animals and plants.
- ✓ Write 1 sentence in each example.
- ✓ Uses there is and there are in your sentences.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist


Use the following check list to make sure your project is well done.

- Wrote the names of animals and plans correctly.
- Wrote sentences correctly.
- Used there is and there are in the sentences.
- Used capital letters and punctuation marks where needed.
- Expressed creativity.

1. **Fauna**: all animal life.
2. **flora**: all types of plants.
3. **furniture**: equipment used to make houses and offices comfortable
4. **industry**: manufacturing activity.
5. **medicinal plant**: plant used for pharmaceutical purposes.
6. **orchid**: a huge tropical family of flowers.
7. **ornamental plant**: plant for decorative purposes.
8. **purpose**: the reason for which something exists or is done.
9. **timber**: wood prepared for use in building and carpentry.
10. **tropical**: something related to the tropics.

## I CAN...

## CHECK ( ✓ ) THE THINGS YOU LEARNED

- I can identify different types of flora and fauna in my community.
- I can provide examples of the flora and fauna of our country. 
- I can use there is and there are to make sentences about elements of flora and fauna of Panama.

SUPPLEMENTARY  
MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=If917DqTnY0>

<https://www.youtube.com/watch?v=tpW7B4dHbVM>

<https://www.youtube.com/watch?v=iGs6QctxJbl>



## WEEKS 22-23

# Natural Resources

Our planet was designed to be a paradise. It has all we need to live. Natural resources are anything we can use that comes from nature. We can't make natural resources; instead, we gather them to make what we need to have a comfortable life. Natural resources are classified in renewable and non-renewable.

### OBJECTIVES

- *To classify natural resources in renewable and non-renewable.*
- *To discuss actions to preserve our natural resources.*



**...Water is a renewable resource; however, if we continue misusing water, we will lack of it in the future?**

# What do you know?

Can you mention 3 natural resources you know?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## TOPIC EXPLANATION

## READ CAREFULLY AND PRACTICE

Natural resources are classified as renewable and nonrenewable.



wind



sunlight



Coal

### Renewable

Resources we can use again and again.



plants

### Non-renewable

Resources that once used can't grow again or come back.



petroleum



animals

Gold



## WAYS TO PRESERVE NATURAL RESOURCES

Reuse  
Reduce  
Recycle



## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Along
- ✓ forest
- ✓ habitat
- ✓ home
- ✓ human beings
- ✓ institution
- ✓ parks
- ✓ produce
- ✓ reserves
- ✓ species
- ✓ survive
- ✓ take care
- ✓ thousand
- ✓ whole
- ✓ wind

## READING COMPREHENSION

READ CAREFULLY

# National Parks



**Human beings** are responsible for the destruction of 60 % of our **forests**, which are the **home** many natural resources we get to **survive**. They are the **habitat** of **thousands** of **species** of animals and plants and also **produce** water and **wind**. In Panama, ANCON and ANAN are **institutions** that work together to **take care** of our ecosystem. Besides, there are still places designed to preserve our natural resources, these places are called **reserves** or national **parks**.

We have national parks **along** the **whole** country. Some of them are:

- |                       |                       |                              |
|-----------------------|-----------------------|------------------------------|
| Coiba National Park   | Metropolitan Park     | Cerro Hoya National Park     |
| El Cope National Park | Chagres National Park | Darien National Park         |
| Sarigua National Park | La Amistad            | Santa Fe National Park, etc. |

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

What is the title of the reading?

\_\_\_\_\_

What is the function of reserves or natural parks?

\_\_\_\_\_

Mention three resources we can get from forests.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Mention two institutions in charge of preserving our ecosystem.

\_\_\_\_\_, \_\_\_\_\_

Mention two national parks in Panama.

\_\_\_\_\_  
\_\_\_\_\_



## ACTIVITY 2

## TRUE OR FALSE

1. Sunlight is a non-renewable resource.

- a. true
- b. false

2. We can use renewable resources again and again.

- a. true
- b. false

3. Coal is a non-renewable resource.

- a. true
- b. false

4. National parks are also called reserves.

- a. true
- b. false

5. Oil is considered a renewable resource.

- a. true
- b. false



## Rules to Form Plurals

Most nouns  
add



plant- plants  
park- parks

Nouns ending in  
-s, -sh, -ch, -x, -o  
add



gas- gases  
fox- foxes

Ending in -y  
after a consonant  
drop y and add



pony- ponies  
baby- babies

Nouns ending in  
-f, -fe drop -f, -fe  
and add



leaf- leaves  
life- lives

**IRREGULAR NOUNS:** some change and others  
stay the same.

mouse- mice  
fish- fish

### ACTIVITY 3

**COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE NOUN IN PARENTHESES**

1. There are many \_\_\_\_\_ in the national Park. (tree)
2. I saw a \_\_\_\_\_ at Coiba National Park. (fox)
3. This road has beautiful \_\_\_\_\_. (leaf)
4. There are babies \_\_\_\_\_ on the tree. (slot /slots)
5. Non-renewable natural \_\_\_\_\_ are limited. (resource)



**IDENTIFY PICTURES AND WRITE THE PLURALS**



Blank space for writing the plural of the tree.



Blank space for writing the plural of the savanna scene.



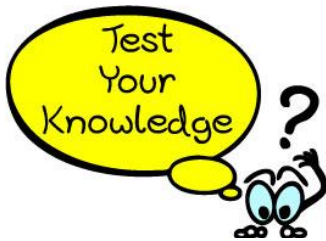
Blank space for writing the plural of the leaves.



Blank space for writing the plural of the foxes.



Blank space for writing the plural of the fish.



## FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT

### Example

#### Natural Resources

##### Renewable



Water is a renewable natural resource.

##### Non - renewable



Gold is a non-renewable natural resource.

##### National Parks



*There are no animals in Sarigua.*

##### WAYS TO PRESERVE THE ENVIRONMENT



1. Consume less electric energy.

### Natural Resources Project

Make a poster about protecting natural resources.

- ✓ Present 5 examples of renewable resources and 5 non-renewable resources.
- ✓ Present 3 examples of national parks in Panama.
- ✓ Propose 3 additional ways to preserve our environment.
- ✓ Provide a picture or draw for each example.
- ✓ Provide a sentence for each picture or draw.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Included draws or pictures of each example.
- Wrote singular and plural nouns correctly.
- Classified natural resources in renewable and non-renewable.
- Proposed effective ways to preserve our environment.
- Used capital letters and punctuation marks correctly.
- Expressed creativity.

## GLOSSARY

## READ ALOUD

1. **Biomass**: the amount of living matter.
2. **ecosystem**: a community of living organisms.
3. **habitat**: natural environment of an organism.
4. **human being**: a person.
5. **preserve**: to keep something in its original state.
6. **reserve**: an area for nature conservation.
7. **responsible**: person or institution in charge of a function.
8. **specie**: a kind of organisms with similar characteristics.
9. **survive**: to continue to live or exist.
10. **take care**: to be responsible for someone, or something.

## I CAN...

## CHECK ( ✓ ) THE THINGS YOU LEARNED

I can classify natural resources as renewable and non-renewable.

I can provide ideas to promote the preservation of our natural resources.

I can write sentences about natural resources using singular and plural nouns.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=UJNsuNMTvgE>

<https://www.youtube.com/watch?v=gc7ss2e6mB4>

[https://www.youtube.com/watch?v=dsTgyb\\_ITk](https://www.youtube.com/watch?v=dsTgyb_ITk)



## HOLIDAYS

## WEEKS 24-25-26

### Holidays Celebrated in Panama

Around the world, Panamanians are known as very happy people, because we love parties and we have a lot of celebrations and cultural events during the year. Besides the national holidays, there are many festivals people celebrate in the different provinces. All these fascinating celebrations and traditions are part of our identity.

#### OBJECTIVES

- *To indicate holidays and important festivals celebrated in Panama.*
- *To explain how people spend their holidays.*

**DID YOU KNOW?**

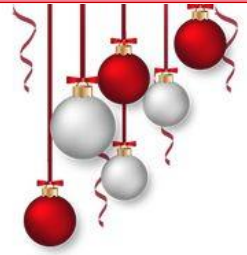


**...In Panama,  
we celebrate  
festivals of  
different fruits?**



Can you mention your three favorite holidays?

- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_



TOPIC  
EXPLANATION

READ CAREFULLY AND PRACTICE

# HOLIDAYS

**Holy Week**



**Independence Day**



**Mother's**



**Christmas**



**Carnivals**



# FESTIVALS

**Thousand Polleras Festival**



**Congo Festival**



**Boquete's Fair**



## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary

- ✓ Beach
- ✓ Christmas
- ✓ church
- ✓ contribute

- ✓ countryside
- ✓ fair
- ✓ festivals
- ✓ fun

- ✓ going to the river
- ✓ holidays
- ✓ Holly week
- ✓ present

## TOPIC EXPLANATION

READ CAREFULLY AND PRACTICE

# Activities People do During Holidays

In Panama, we celebrate a lot of holidays and festivals which contribute to the country economy; during these dates, people move to the countryside to enjoy all the activities and also the country receives a lot of visitors from different parts of the world. Some of the activities people in Panama love to do on holidays are: going to the river, the beach or the countryside.



**Holly week** is one of the most important religious celebrations of the year. It is celebrated in April. During these days, we celebrate the life, death and resurrection of Jesus Christ and do different activities with our families such as going to **church** and watching religious movies. Besides, there are special holidays such as, Father's day in June, Mother's day and **Christmas** in December, when people buy **presents** for their parents and relatives.

For some people, Carnival is also an important celebration. People from different countries come to Panama in February to enjoy these four days of **fun** in the city, but specially in the countryside.

Besides all the holidays, we also celebrate a lot of festivals and fairs along the year. For example: we celebrate the Thousand Polleras Festival in Los Santos, the Congo Festival in Portobelo, the Boquete's Fair, the International Chiriqui Fair, the International Azuero's Fair, the Coffee and Flowers **Fair**, and festivals of fruits and food such as the Orange Festival, the Almojabano Festival and others.



## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_.

2. What is the most popular fun celebration in Panama?

\_\_\_\_\_.

3. Mention two activities people do on holidays.

\_\_\_\_\_.

4. Mention the most important religious celebration in Panama.

\_\_\_\_\_.

5. Mention 3 festivals celebrated in Panama.

\_\_\_\_\_.



## ACTIVITY 2

FILL IN THE BLANKS WITH THE CORRECT MONTH OF THE YEAR

### Months of the Year

1. Christmas is celebrated in \_\_\_\_\_.

2. Father's day is celebrated in \_\_\_\_\_.

3. Independence day is celebrated in \_\_\_\_\_.

4. Carnival are celebrated in \_\_\_\_\_.

5. Valentine's day is celebrated in \_\_\_\_\_.

6. Holy Week is celebrated in \_\_\_\_\_.

JANUARY  
FEBRUARY  
MARCH  
APRIL  
MAY  
JUNE  
JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER  
DECEMBER

# STRUCTURE

# SIMPLE PRESENT TENSE

The simple present tense is used to express activities you do or don't do regularly.

**Affirmative: Subject + verb + ...**

I **go** to the countryside on Holy week.  
 He/ she **goes** to the countryside on Holy Week.  
 We/you/They **go** to the countryside on Holy Week.

**Negative: Subject + auxiliary + not + verb + ...**

I don't **go** to the countryside on Holy week.  
 He/she **doesn't go** to the countryside on Holy Week.

1. Add -s for most verbs	<b>work- works</b>
2. Add -es for words that end in -ch, -s, -sh, -x or -z.	<b>watch- watches, pass- passes, relax- relaxes, rush- rushes</b>
3. If the verb ends in consonant + y, change the -y to -i and add -es.	<b>study- studies</b>
If the verb ends in vowel + y, DON'T CHANGE THE -Y.	<b>play- plays</b>
4. Irregular forms	<b>do- does, go- goes, be- am, is, are, have- has</b>

**Me too.**



**She goes to Santiago every Holy Week.**

## ACTIVITY 3

## CHOOSE THE CORRECT ANSWER

1. My friends always \_\_\_\_\_ to the river on Holidays. (go/goes)
2. Kenneth usually \_\_\_\_\_ basketball on his free time. (play/plays)
3. Panamanians \_\_\_\_\_ carnivals. (like/likes)
4. She \_\_\_\_\_ like to go the beach. (don't/doesn't)
5. The students \_\_\_\_\_ the TV classes. (watch/watches)
6. I never \_\_\_\_\_ in the city on holidays. (stay/stays)
7. My family \_\_\_\_\_ to church on Holy Week. (go/goes)
8. We \_\_\_\_\_ Christmas in December. (celebrate/celebrates)



FIND THE WORDS BELOW

## Holidays and Panama

Z	R	O	A	F	F	P	D	P	C
C	C	U	M	E	A	R	A	N	Z
H	A	L	H	S	I	E	N	Z	Q
I	R	M	W	T	R	S	C	H	P
R	N	B	D	I	Z	E	E	O	O
S	I	E	E	V	E	N	S	L	L
T	V	I	W	A	V	T	L	I	L
M	A	W	C	L	C	T	H	D	E
A	L	P	S	S	Y	H	F	A	R
S	S	G	R	I	V	E	R	Y	A

*beach*

*festivals*

*carnivals*

*holiday*

*Christmas*

*pollera*

*dances*

*present*

*fair*

*river*

## My Favorite Holiday

# Christmas



**My favorite holiday is Christmas. My family and I celebrate it with a dinner. My mother prepares a turkey for the dinner. We buy presents for each other and sing Christmas chants. We really enjoy our time together.**

Write a 5 sentences paragraph about your favorite holiday.

- ✓ Write the sentences in the simple present tense.
- ✓ Underline the verb in the simple present form.
- ✓ Use draws or pictures for each example.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Included draws or pictures of the holiday.
- Wrote sentences correctly.
- Used and underlined the simple present form of the verbs in sentences.
- Used capital letters and punctuation marks correctly.
- Expressed creativity.

1. **Carnival**: a popular festival celebrated once a year.
2. **death**: to pass away.
3. **economy**: the wealth of a country.
4. **fair**: a traveling show.
5. **festival**: especial celebration in a community.
6. **fun**: amusement.
7. **holiday**: a day of festivity or celebration.
8. **move**: to go to another place.
9. **present**: a gift.
10. **resurrection**: Christ raising from the dead.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

I can associate the holidays with the months of the year.

I **can** name important festivals celebrated in different provinces.

I can write sentences using simple present forms of verbs to express activities I do during the holidays.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=AMCzgzgkMqJeY>

[https://www.youtube.com/watch?v=2NJL0\\_-2eh0](https://www.youtube.com/watch?v=2NJL0_-2eh0)

[https://www.youtube.com/watch?v=Gy1m8\\_CUzK0](https://www.youtube.com/watch?v=Gy1m8_CUzK0)



## WEEKS 27-28-29

### SPORTS

Panama is a country of Athletes. We have excellent athletes in different sport disciplines and we have won different prizes in international and world contests. Some of our famous athletes are: Irving Saladino, Roberto Duran, Eilin Coparropa, Mariano Rivera, Roman Torres, Felipe Baloy, Carlos Lee, and Alonso Edward.

#### OBJECTIVES

- *To categorize sports practiced in Panama.*
- *To answer questions about sports and recreational activities.*

**DID  
YOU  
KNOW?**



**...On 2018, It was  
the first  
participation of  
Panama in a  
world soccer  
cup?**



Can you mention three sports you have practiced?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



TOPIC  
EXPLANATION

READ CAREFULLY AND PRACTICE

Sports are classified as adventure, aquatic, strength and agility, extreme, mountain, and motorized. Some examples are:

### Strength and Agility Sports



#### Hockey

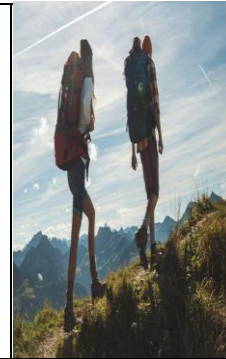
**Hockey** is a game played on a field or ice. In Panama, it is played on a field.



#### Archery

**Archery** is a sport played by shooting an arrow and using a bow.

### Mountain Sport



#### Hiking

**Hiking** is an activity in which people take long walks.

### Aquatic Sports



#### Swimming

**Swimming** is a water sport where athletes compete by swimming fast.



#### Diving

**Diving** is a beautiful sport where athletes plunge into water performing different styles.

### Motorized Sports



#### Motorcycle Racing

**Motorcycle Racing** is a sport practiced by both professionals and amateurs on roads, tracks, closed circuits, and natural terrain.

### Adventure and Extreme



#### Canoeing

**Canoeing** is a sport where one gets into a little boat made for the sport called a canoe and uses a single-bladed paddle to steer the canoe.

## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ bridge
- ✓ building
- ✓ bungee jumping
- ✓ cord

- ✓ crane
- ✓ dissipate
- ✓ hot air balloon
- ✓ lake

- ✓ oscillate
- ✓ stretch
- ✓ structure
- ✓ surfing

## READING COMPREHENSION

READ CAREFULLY

### An Extreme Experience



I am Juan and I am extreme sport lover. Let me share with you my best experience doing these kinds of sports.

One of the best experiences of my life was to do **bungee jumping**. Do you know what bungee jumping is? It is an activity that involves jumping from a tall **structure** while connected to a large elastic **cord**. The tall structure is usually a fixed structure, such as a **building, bridge** or **crane**; but it is also possible to jump from a movable object, such as a **hot-air-balloon** or helicopter. The **thrill** comes from the free-falling and the rebound. When the person jumps, the cord **stretches** and the jumper flies upwards again as the cord recoils and continues to **oscillate** up and down until all the kinetic energy is **dissipated**.

I remember that sunny, quiet, and beautiful day. My first jump was from an old bridge at the Alajuela **lake**. I always jump there. It is a jump of 84 meters (252 ft.) of free falling. It is just fantastic. Some people think it is **dangerous**, but if you use the correct safety equipment it can be a unique experience in life.

**What about you? Do you dear to jump?**

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_.

2. What is bungee jumping?

\_\_\_\_\_.

3. How does Juan consider himself in terms of sports?

\_\_\_\_\_.

4. Where does Juan do Bungee Jumping?

\_\_\_\_\_.

5. How high is the jump from the Alajuela bridge?

\_\_\_\_\_.

## ACTIVITY 2

## COMPLETE THE CHART

Classify sports in the following chart. You can provide your examples.

Aquatic	Adventure/ Extreme	Mountain	Strength/ Agility	Motorized

football  
rafting

baseball  
surfing

fishing  
boxing

snorkeling and diving  
hiking

karate

archery

motorized racing

bungee jumping

# STRUCTURE

Auxiliary + subject +verb + object

Affirmative	Negative
Short Answers	Short Answers
Yes, I do.	No, I don't.
Yes, she does.	No, she doesn't

**Do you like adventure sports?**

**Does she play volleyball?**

Do you like swimming?



Yes, I do.  
I love it.

## ACTIVITY 3

COMPLETE THE SENTENCES WITH THE MISSING WORDS

1. \_\_\_\_\_ you like basketball?

Yes, \_\_\_\_\_.

2. \_\_\_\_\_ Joshua practice hockey?

Yes, \_\_\_\_\_. He loves this sport.

3. \_\_\_\_\_ Henry practice motorized racing?

\_\_\_\_\_, he \_\_\_\_\_. He practices bungee jumping.

4. Do the Panamanian soccer team go to the international competition?

Yes, It \_\_\_\_\_.





FIND THE SPORTS

# Sports

U	S	Y	G	U	G	Y	L	Q	F
X	W	A	Y	E	O	Y	P	W	O
S	I	H	M	K	L	B	O	S	O
O	M	O	N	A	F	A	F	O	T
F	M	C	A	R	Z	S	T	C	B
T	I	K	S	A	L	E	E	C	A
B	N	E	T	T	Y	B	N	E	L
A	G	Y	I	E	V	A	N	R	L
L	Q	R	C	Z	K	L	I	V	S
L	X	E	S	R	X	L	S	F	R

<b>BASEBALL</b>	<b>KARATE</b>
<b>FOOTBALL</b>	<b>SOCCER</b>
<b>GOLF</b>	<b>SOFTBALL</b>
<b>GYMNASTICS</b>	<b>SWIMMING</b>
<b>HOCKEY</b>	<b>TENNIS</b>

## FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT

### Example

## Hockey



My favorite sport is hockey. It is a strength and agility sport. On Saturdays, I go to the Mango park in Ancon to practice with the team. My team's name is Ancon Hockey Club. In Panama, hockey is practiced on fields.

What about you? Do you like hockey?

Write a 5 sentence paragraph about your favorite sports:

- ✓ Write a sentence explaining the kind of sport it is and 4 sentences about the sport.
- ✓ Use draws or pictures to illustrate your paragraph.
- ✓ Remember capital letters and punctuation marks.

## Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Included a draws or pictures of the sport.
- Mentioned the kind of sport it is.
- Wrote 5 sentences in the simple present.
- Used capital letters and punctuation when necessary.
- Expressed creativity.

1. **Arrow**: a weapon that is like a long, thin, sharp stick.
2. **athlete**: a person who practices a sport.
3. **contest**: a competition.
4. **cords**: rope or string made of twisted threads.
5. **crane**: a tall metal structure used to lift objects.
6. **dive**: to go deep in water.
7. **lake**: a large area of water surrounded by land.
8. **racing**: a contest of speed.
9. **sport**: an athletic activity that requires skills or physical powers.
10. **team**: a group of people that practice a sport.

## I CAN...

CHECK ( ✓ ) THE THINGS YOU LEARNED

I can name sports and recreational activities I know.

I can identify sports and recreational activities.

I can classify sports as adventure and extreme, mountain, motorcycle, strength and agility, and aquatic.

SUPPLEMENTARY  
MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

[https://www.youtube.com/watch?v=Gy1m8\\_CUzK0K0](https://www.youtube.com/watch?v=Gy1m8_CUzK0K0)<https://www.youtube.com/watch?v=mHwf5wMG2pU><https://www.youtube.com/watch?v=U5NcYL3MnCw><https://www.youtube.com/watch?v=LyTE-1DGxnE>



## WEEKS 30-31

# WEATHER AND CLIMATE

The climate and weather of a country depends on many factors such as: geographical position, altitude, relief, and distance from the sea. In Panama, we only have two seasons: the dry season and the rainy season. However, in other regions people even have four seasons: summer, winter, autumn and spring.

### OBJECTIVES

- *To compare seasons in Panama with seasons in other parts of the world.*
- *To describe the weather during specific seasons.*

**DID YOU KNOW?**



**...Panama is the only place in the world where you can see the sun rise on the Pacific and set on the Atlantic?**



Can you share your favorite season and why you like it?

My favorite season is \_\_\_\_\_,  
because \_\_\_\_\_  
\_\_\_\_\_



TOPIC  
EXPLANATION

READ CAREFULLY AND PRACTICE

# SEASONS

## SEASONS IN PANAMA



Rainy season



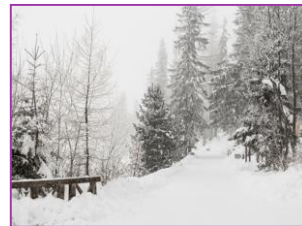
Dry season

## SEASON IN OTHER COUNTRIES

Summer



Wynter



Autumn



Spring



## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Atlantic
- ✓ calm
- ✓ cards
- ✓ chess
- ✓ cold

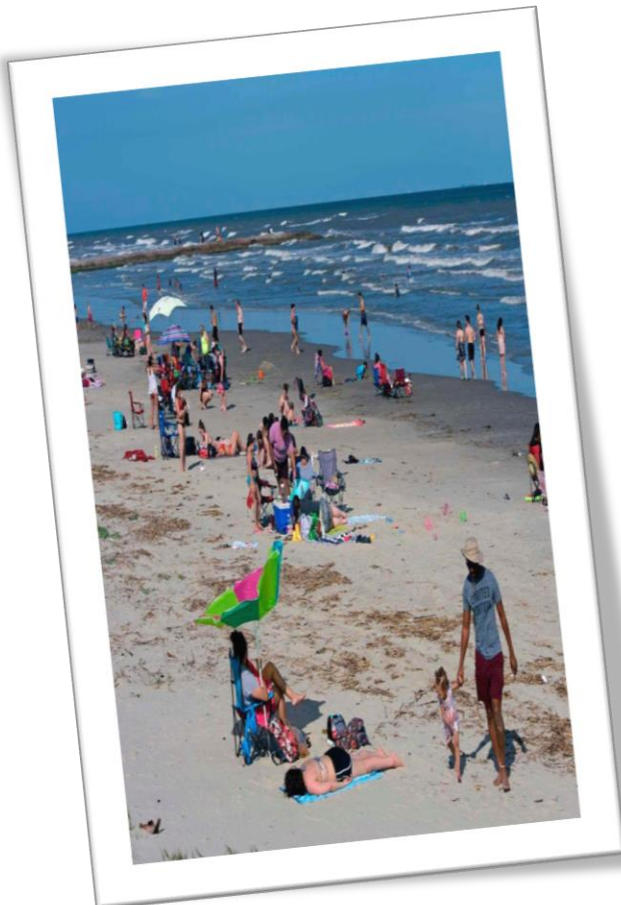
- ✓ indoor
- ✓ lockdown
- ✓ oceans
- ✓ quite
- ✓ rainy

- ✓ season
- ✓ stay
- ✓ summer
- ✓ team

## READING COMPREHENSION

READ CAREFULLY

# FAMILY TIME



**Summer** is my favorite **season** of the year. On sunny days, my family and I do **outdoor** activities such as: going to the beach, or the river. Sometimes, we make **teams** and play sports at the beach. We prefer to go the **Atlantic Ocean** beaches because they are very **calm** and **quiet**.

Even though we like sunny days, we also enjoy the rainy season. On **rainy** days, we enjoy some **indoor** activities such as: playing **cards** or **chess**, and watching movies. On **cold** days, my mother bake cookies and make hot chocolate while we listen to music or watch TV.

Right now we have to stay home because of the Covid – 19 **lockdown**, however, we always enjoy our family time.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_

2. Mention 2 indoor activities the family does on sunny days.

\_\_\_\_\_.

3. Mention 2 outdoor activities the family does on rainy days.

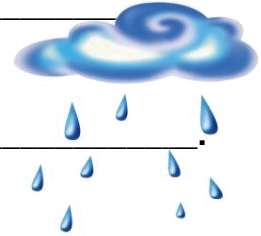
\_\_\_\_\_, \_\_\_\_\_.

4. What are the favorite beaches of the family?

\_\_\_\_\_.

5. Why does the family stay home these days?

\_\_\_\_\_.



## ACTIVITY 2

## FILL IN THE BLANKS

1. The two seasons in Panama are: \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_.

2. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

are seasons in other countries.

3. Mention 2 activities you and your family do during summer:

\_\_\_\_\_, and \_\_\_\_\_.



4. Mention 2 activities you and your family are doing during the lock down:

\_\_\_\_\_, and \_\_\_\_\_.

# STRUCTURE

# ADJECTIVES FOR WEATHER

Adjectives+ noun

It is a **sunny** day.  
It is a **rainy** day.

Verb+ Adjectives

It is **sunny**.  
It is **rainy**.



sunny



windy



cloudy



foggy

It's



snowing



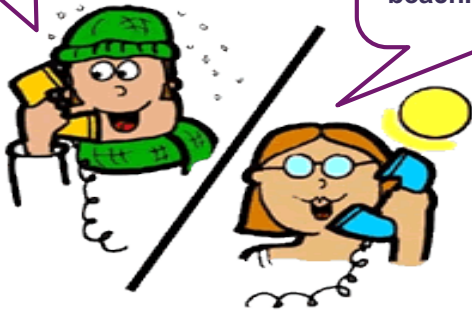
raining



stormy

It is snowy here.  
How is the weather in Panama?

It is a sunny day. I am going to the beach.



Noun	Adjectives
Sun	Sunny
Wind	Windy
Snow	snowy
Rain	rainy
Storm	stormy
Cloud	cloudy
Fog	foggy

## ACTIVITY 3

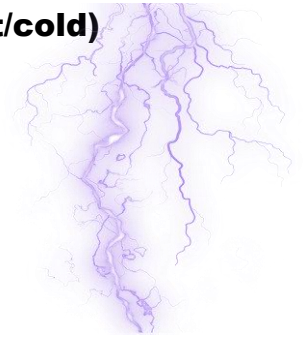
## FILL IN THE BLANKS WITH THE CORRECT ADJECTIVE

1. The dry season in Panama is very \_\_\_\_\_. (hot/cold)

2. Rainy nights are \_\_\_\_\_. (cold/warm)

3. People prefer \_\_\_\_\_ days to go to the beach. (sunny/rainy)

4. In Boquete, the mornings are \_\_\_\_\_. (snowy/foggy)





FIND THE WORDS

# WEATHER

D	R	Y	Z	O	A	H	O	V	F
S	C	L	O	U	D	Y	B	P	T
A	U	T	U	M	N	Z	Q	U	A
I	S	P	W	R	B	U	W	W	W
I	U	S	G	I	A	G	R	A	S
P	N	U	T	F	N	I	S	R	P
F	N	M	R	O	X	T	N	M	R
U	Y	M	E	H	R	E	E	Y	I
Q	D	E	L	T	D	M	I	R	N
Z	B	R	P	Z	T	I	Y	Q	G

**Autumn**

**cloudy**

**dry**

**rainy**

**spring**

**stormy**

**summer**

**sunny**

**warm**

**winter**

**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT**

**INSTRUCTIONS**

**WHAT IS THE WEATHER LIKE?**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Today is a sunny day.				
				

**Make a weather chart**

- ✓ Write a sentence about the weather for 5 days.
- ✓ Use adjectives to describe weather in each sentence.
- ✓ Use draws or pictures for each example.
- ✓ Remember capital letters and punctuation marks.

**Self-assessment Checklist**

Use the following check list to make sure your project is well done.

- Wrote sentences about the weather for 5 days.**
- Used adjectives to describe weather.**
- Used draws or pictures to illustrate each sentence.**
- Used capital letters and punctuation when necessary.**
- Expressed his/her creativity.**

1. **Autumn**: season of the year when leaves of the trees fall.
2. **chess**: a board game.
3. **fog**: thick cloud of tiny water drops suspended in the atmosphere.
4. **indoor**: activity done inside the house.
5. **lock down**: restriction to go outside.
6. **ocean**: a very large area of sea.
7. **outdoor**: activity done outside the house.
8. **relief**: difference between the highest and the lowest elevation.
9. **Season**: division of the weather of the year.
10. **spring**: season in which vegetation begins to appear.

## I CAN...

## CHECK (✓) THE THINGS YOU LEARNED

- I can compare seasons in Panama with seasons in other countries.
- I can classify activities as indoor and outdoor.
- I can describe the weather in Panama using adjectives.

SUPPLEMENTARY  
MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

[https://www.youtube.com/watch?v=3zP\\_JshWQZ0](https://www.youtube.com/watch?v=3zP_JshWQZ0)

<https://www.youtube.com/watch?v=z8VkgKgVhys&t=41s>

<https://www.youtube.com/watch?v=xw5sY4G7Zul>



## WEEKS 32-33-34

# TIME AND NUMBERS

Time is an essential part of our lives. We use the time to schedule all the activities we do, for example, our classes, our house chores, and even our leisure activities. But, time has a special characteristic: It always moves in one direction; it is possible to move forward in time, but never backward. So, it is really important to spend our life the best we can.

### OBJECTIVES

- *To answer questions about time.*
- *To list daily routines and leisure activities.*

**DID  
YOU  
KNOW?**

**0**

**... The zero is the  
only number that  
can't be  
represented in  
Roman numbers?**



Can you list some of the activities you do during a quarantine day?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



TOPIC

EXPLANATION

READ CAREFULLY AND PRACTICE



2:00 - It's two o'clock.

2:05 - It's five past two.

2:10 - It's ten past two.

2:15 - It's quarter past two.

2:20 - It's twenty past two.

2:25 - It's twenty-five past two.

2:30 - It's half past two.

2:35 - It's twenty-five to three.

2:40 - It's twenty to three.

2:45 - It's quarter to three.

2:50 - It's ten to three.

2:55 - It's five to three.

## VOCABULARY

Review cardinal numbers and look up the meaning of these words in your English-Spanish dictionary

1	one	11	eleven	30	thirty
2	two	12	twelve	40	fourty
3	three	13	thirteen	50	fifty
4	four	14	fourteen	60	sixty
5	five	15	fifteen	70	seventy
6	six	16	sixteen	80	eighty
7	seven	17	seventeen	90	ninty
8	eight	18	eighteen	100	hundred
9	nine	19	nineteen	1,000	thousand
10	ten	20	twenty	1,000,000	million

- ✓ everyday
- ✓ go to bed
- ✓ hero
- ✓ nurse
- ✓ pandemic
- ✓ proud
- ✓ take lunch
- ✓ try
- ✓ wake up
- ✓ work

## READING

### COMPREHENSION

READ CAREFULLY

# Proud of My Sister



Kelly is my sister; she is a nurse. She works at the San Miguel Archangel Hospital. Now with the pandemic, she is working 18 hours a day. Most of the time, she stays in the hospital for days because there are a lot of people with COVID-19.

She always wakes up at 4:00 a.m. and starts working at 5:00. Sometimes, she doesn't have time to take breakfast. At 12:00, she takes lunch at the hospital cafeteria; and then continue working until 6:00 when she takes dinner.

She says it's very difficult to work at a hospital during a pandemic, but she tries to do her best to help people improve their health.

She goes to bed at 10:30 p.m. after working the whole day. I am very proud of my sister; she is my super hero.

## ACTIVITY 1

## READING COMPREHENSION



After reading several times, answer the following questions.

1. What is the title of the reading?

---

2. What is Kelly's occupation?

---

3. How long does she work every day?

---

4. What time does Kelly wake up?

---

5. What time does Kelly go to bed?

---

## ACTIVITY 2

## WHAT TIME IS IT?

1. It's seven-thirty.

6. It's ten past eleven.

2. It's five to ten.

7. It's a quarter to three.

3. It's one to one.

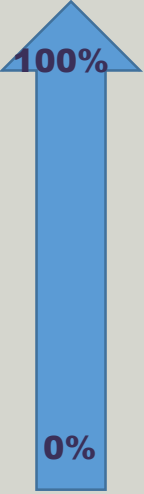
8. It's four thirty-five.

4. It's a quarter past three.

9. It's twelve o'clock.

5. It's eight forty-five.

10. It's two fifty-five.

	<b>Frequency Adverbs</b>	<b>SUBJECT+ FREQUENCY ADV. + VERB</b>	In sentences with the verb to be the frequency adverb goes after the verb.  She <b>is always</b> in the
	Always Usually Often Sometimes Rarely Hardly ever Never	I <b>always</b> wake up at 7:00 a.m. You <b>usually</b> eat lunch at 12:00. She <b>often</b> plays basketball. He <b>sometimes</b> eats chocolate.	<b>Time expressions</b>

How often do you eat out?



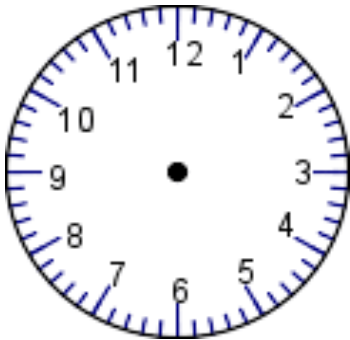
I rarely ever eat out.

**ACTIVITY 3** REWRITE THE COMPLETE SENTENCE USING THE ADVERB OR TIME EXPRESSION IN BRACKETS IN THE CORRECT POSITION

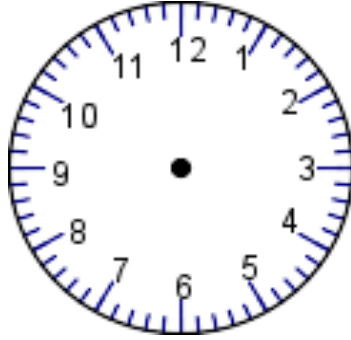
- 1. Carmen listens to radio classes. (often)**  
 Carmen often listen to the radio classes.
- 2. Tom watches TV. (rarely)**  
 \_\_\_\_\_
- 3. Randy and Susan clean the house. (twice a week)**  
 \_\_\_\_\_
- 4. I practice sports. (usually)**  
 \_\_\_\_\_
- 5. Kelly is working in the hospital. (always)**  
 \_\_\_\_\_
- 6. I go to bed after 10:00 o'clock. (never)**  
 \_\_\_\_\_



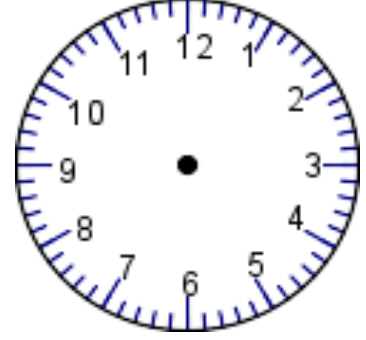
**READ THE SENTENCES AND SET THE TIME**



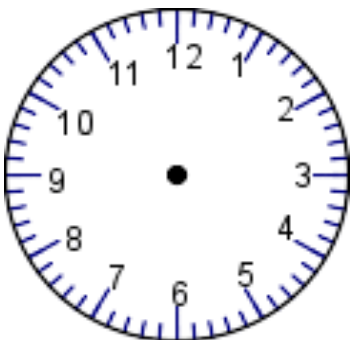
**It's eleven o'clock.**



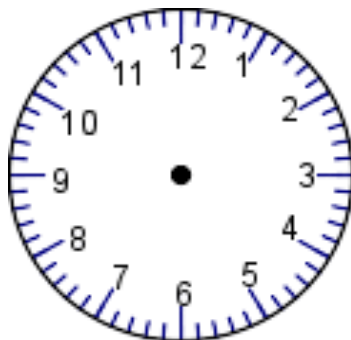
**It's a quarter past six.**



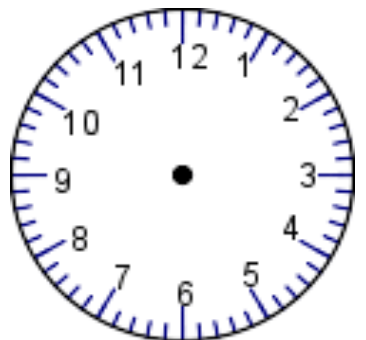
**It's ten to seven.**



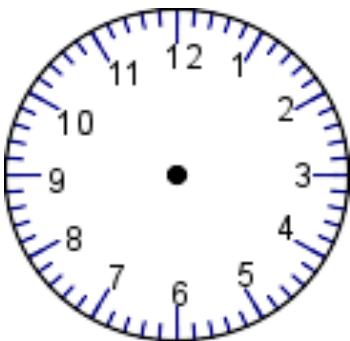
**It's twelve fifty-five.**



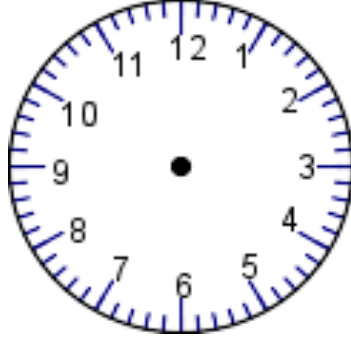
**It's twenty to nine.**



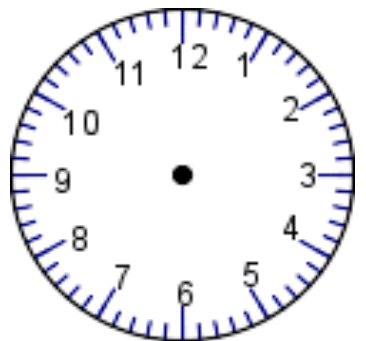
**It's three thirty.**



**It's two fifty-five.**



**It's a quarter to three.**



**It's eleven twenty-five.**



**FOLLOW THE INSTRUCTIONS TO PREPARE THIS PROJECT**

## **My Timeline**

**Make a time line about your daily routine.**

- ✓ **Present 10 activities you do every day.**
- ✓ **Present the time you do the activities.**
- ✓ **Provide a picture or draw for each activity.**
- ✓ **Provide a sentence for each picture or draw.**

## **Example**



## **Self-assessment Checklist**

**Use the following check list to make sure your project is well done.**

- Wrote sentences about daily routines correctly.**
- Wrote the time of each activity in numbers and words.**
- Used draws or pictures for each activity.**
- Used capital letters and punctuation marks correctly.**
- Expressed his/her creativity.**

1. **Backward**: opposite of forward. To go back
2. **forward**: to move ahead.
3. **hero**: a person who is admired or idealized.
4. **house chores**: activities people do to keep the house clean.
5. **leisure activities**: activities people do during their free time.
6. **pandemic**: epidemic occurring worldwide.
7. **quarantine**: a time to stay in isolation.
8. **quarter**: fifteen minutes.
9. **routine**: a usual way of doing things
10. **schedule**: a list of planned activities.

## I CAN...

CHECK (✓) THE THINGS YOU LEARNED

- I can name my daily routines and leisure activities.
- I can make a timeline based on my daily activities.
- I can make and answer questions about time.



## SUPPLEMENTARY MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=fq2tRfHu5s8>

<https://www.youtube.com/watch?v=kuLt890cCVo>

<https://www.youtube.com/watch?v=kuLt890cCVo>



## WEEKS 35-36-37

# Monetary Units

*Currencies are the monetary systems used in the different countries. There are 39 currencies used in America. In Panama, the currency is the Balboa. The rate of exchange for the balboa has always been tied to the US dollar. Currencies and monetary units allows us to pay for goods and services.*

### OBJECTIVES

- *To distinguish currencies from different countries.*
- *To identify the different monetary units used in our country.*

**DID  
YOU  
KNOW?**



**Panama is the  
oldest Latin  
American country  
to adopt the U.S.  
Dollar as legal  
tender?**



Can you say how much these objects are?



\$ 0.25



\$ 140.00

**TOPIC  
EXPLANATION**

**READ CAREFULLY AND PRACTICE**

**CURRENCIES IN AMERICA**

COUNTRY	CURRENCY
United States	Dollar
Canada	Canadian dollar
Mexico	Mexican peso
Colombia	Colombian peso
Costa Rica	Costa Rican colon
Brazil	Brazilian real
Chile	Chilean peso
Cuba	Cuban peso
Peru	Nuevo Sol

**MONETARY UNITS**



1 cent



1 nickle



1 dime



1quarter



50 cents



1 balboa



1 dollar



5 dollars



10 dollars



20 dollars

## VOCABULARY

Look at the meaning of these words in your English-Spanish dictionary.

- ✓ Ask
- ✓ buy
- ✓ change
- ✓ currency
- ✓ do
- ✓ equivalent
- ✓ idea
- ✓ know
- ✓ money
- ✓ pay
- ✓ pesos
- ✓ souvenir
- ✓ spend

## READING COMPREHENSION

READ CAREFULLY

# DIFFERENT CURRENCIES



My friend Linda is in Costa Rica. She says that she can't use her money there because in Costa Rica they use a different currency. She has to go to a bank and **change** her **dollars** for the Costa Rican **colones** to **pay** for all the **services** and to **buy souvenirs**.

It is not easy to be in another country when you don't know the **currency** and its **equivalence** with your currency.

When are in another country and you want to buy something, the first thing you have to **do** is to **ask** how much the object is; then, you need to ask how much it is in dollars to have an idea of how much money you are going to **spend**.

# ACTIVITY 1

# READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_

2. Where is Linda?

\_\_\_\_\_

3. Why does Linda have to change her dollars for Costa Rican pesos?

\_\_\_\_\_

4. Where does she go to change the money?

\_\_\_\_\_







5. What does Linda recommend to do when you want to buy things in another country?






\_\_\_\_\_

# ACTIVITY 2

# CURRENCIES

How much money is this?

Dollars & Bills	
	
	
	
	
	
	

Coins & Cents	
	
	
	
	
	

Provide examples of currencies from other American countries.

COUNTRY	CURRENCY

Use how much to ask about prices.

How much+ auxiliary+ subject

How much is this book?

It is twenty dollars

How much is this TV?

I want it?

It is fifty dollars.



ACTIVITY 3

ASKING ABOUT PRICES

Make questions about the prices of the following items.

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_





**SOLVE THE PROBLEM**

Nancy is at the supermarket. She wants to buy a few things. Take a look to the food she wants to buy to and tell how much she is going to spend.



**B/. 4.49**



**B/. 1.39**



**B/. 1.99**



**B/. 1.50**



**B/. 1.25**



**B/. 2.59**



**Nancy is going to spend**  
\_\_\_\_\_.

## INSTRUCTIONS

### ANA'S STORE

How much are these T-shirts?



Only

**B. 9.99**

**Buy Now**

Imagine you have a business and you sell products.

- ✓ Create an advertisement selling 5 of your products.
- ✓ Provide a name of your store.
- ✓ Write a how much question to promote your products.
- ✓ Use pictures or draws about the products.
- ✓ Set the prices for the products.
- ✓ Remember capital letters and

## SELF-ASSESSMENT CHECKLIST

Use the following check list to make sure your project is well done.

- Wrote sentences about daily routines correctly.
- Wrote the time of each activity in numbers and words.
- Used draws or pictures for each activity.
- Used capital letters and punctuation marks correctly.
- Expressed creativity.

1. **Advertisement**: announcement to promote a product.
2. **balboa**: a silver coin and monetary unit of panama, equal to 100 centesimos.
3. **buy**: to obtain in exchange for payment.
4. **currency**: monetary system used in a country.
5. **dollar**: the basic monetary unit of the united states.
6. **good**: an item.
7. **souvenir**: reminder of a placed visited.
8. **spend**: to pay for something.
9. **Store**: a place to sell items.
10. **supermarket**: a store that's ells food.

## I CAN...

## CHECK ( ✓ ) THE THINGS YOU LEARNED

I can provide examples of currencies used in different counties.

I can recognize the different monetary units used in Panama.

I can use numbers and monetary units to answer questions about prices.



## SUPPLEMENTARY MATERIAL

## CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

<https://www.youtube.com/watch?v=xO46vJWeYY0>

<https://www.youtube.com/watch?v=Z7hwaeaDk-l>

<https://www.youtube.com/watch?v=amlalU3Shqc>

<https://www.youtube.com/watch?v=pnXJGNo08v0>



## WEEKS 38-39-40

# Transportation

Transportation is the movement of people, animals, and goods from one location to another. It gives people the opportunity to know other places, countries and cultures and to get all the goods and services they need for their daily life.

### OBJECTIVES

- *To compare past and modern means of transportation.*
- *To identify means of transportation used in Panama.*

**DID  
YOU  
KNOW?**

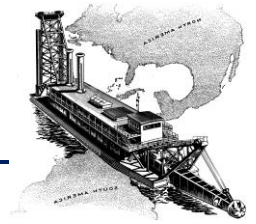


**... Our metro  
moves between  
240 to 280  
thousand  
passengers  
everyday?**



Can you mention the most important route of transportation in Panama?

1. \_\_\_\_\_



TOPIC EXPLANATION

READ CAREFULLY AND PRACTICE

Routes of transportation are classified as land, water, and air.

Air	Land	Water
    	    	    

Old means of transportation

Modern means of transportation



**slow**  
**manual**  
**less capacity**  
**uncomfortable**



**fast**  
**digital**  
**more capacity**  
**comfortable**



## VOCABULARY

Look up the meaning of these words in your English-Spanish dictionary.

- ✓ Benefit
- ✓ efficient
- ✓ improve
- ✓ modern
- ✓ platform
- ✓ road
- ✓ route
- ✓ subway
- ✓ transit
- ✓ transit
- ✓ truck
- ✓ utility
- ✓ vehicle

## READING COMPREHENSION

READ CAREFULLY

### How do people get around in Panama?



Panama is a relatively small country; but since ancient times, it has been a **transit route**. As our population grows, our **roads** increase in the number of cars and other **vehicles** that transit them. That is why it is so important to keep **improving** our **routes** of transportation.

Panama is home to the Central America's first **modern subway** system. The Metro debuted in 2013 as an impressively **efficient** way to avoid the traffic. Currently, there are only two lines, so its **utility** is somehow limited; but, we hope to expand this system to **benefit** more Panamanians in the future.

Besides the subway, we have other means of transportation such as: buses, taxis, **trucks**, train, airplanes, motorcycles, ships and many others. In addition, we also have transportation **platforms** such as Uber and Cabify to help people get wherever they need. Definitely, transportation moves the world.

## ACTIVITY 1

## READING COMPREHENSION

After reading several times, answer the following questions.

1. What is the title of the reading?

\_\_\_\_\_

2. Why is it important to improve the routes of transportation?

\_\_\_\_\_

3. What is the most recent and modern Panamanian's transportation system?

\_\_\_\_\_.

4. How many lines does this transportation system have?

\_\_\_\_\_

5. Mention two means of transportation used in your province.

\_\_\_\_\_.



## ACTIVITY 2

## CHOOSE THE BEST ANSWERS

1. The metro is a \_\_\_\_\_ mean of transportation.

- a. aquatic
- b. modern
- c. slow
- d. old

2. Our roads are full of \_\_\_\_\_.

- a. animals
- b. airplanes
- c. cars and vehicles
- d. Uber

3. Metro debuted in \_\_\_\_\_.

- a. 2000
- b. 2012
- c. 2016
- d. 2013

4. One of the characteristics of the old means of transportation is that they were:

\_\_\_\_\_.

- a. fast
- b. modern
- c. slow
- d. digital



# STRUCTURE

# SIMPLE PRESENT AS FUTURE

# USED TO

SIMPLE PRESENT AS FUTURE	USED TO
<p><b>We use the present simple for planned future action.</b></p> <p><b>REMEMBER:</b> the rules for the third person singular.</p> <p>The flight arrives at 7:00 o'clock.</p> <p>The class starts at 8:30.</p> <p>Bus # 3 arrives at 3:00 o'clock,</p>	<p><b>Used to is used to talk about actions we did regularly in the past, but do not do now.</b></p> <p><b>I used to walk to school every day.</b></p> <p><b>We used to take the bus at night.</b></p>

### Time expressions

Tonight  
Today  
Tomorrow  
Next week

I used to be late, but today I am on time.

Your flight leaves in two hours.



## ACTIVITY 3

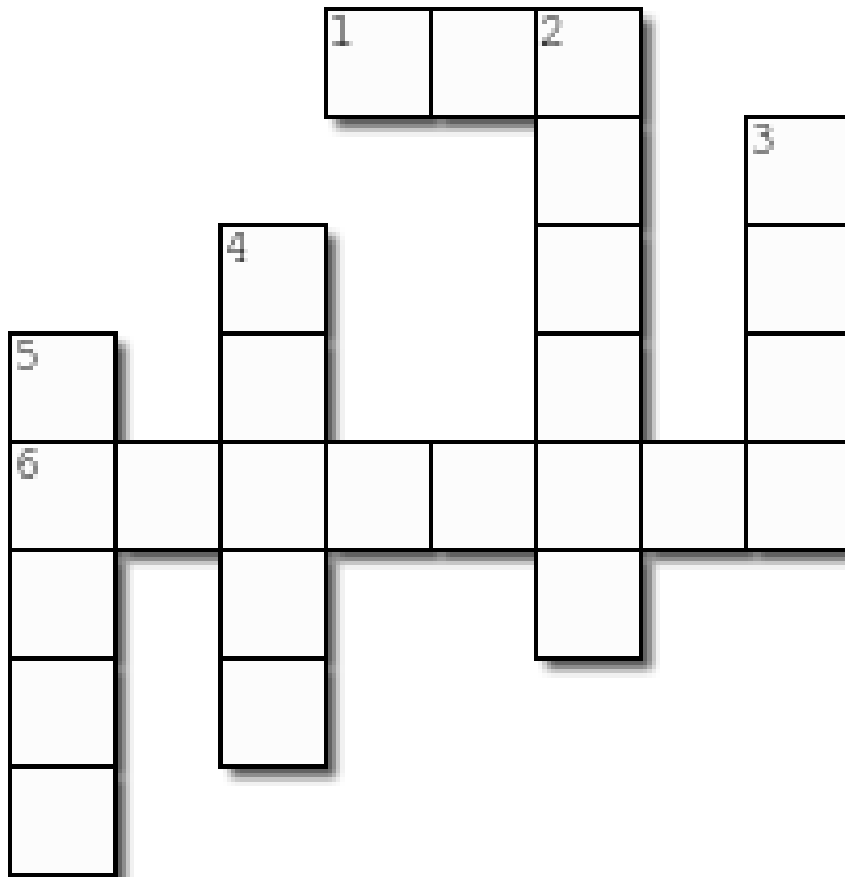
## COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE VERB AND USED TO

- Today, the train \_\_\_\_\_ (arrive-arrives) at 12:30. It \_\_\_\_\_ arrive at 2:00.
- We \_\_\_\_\_ (have-has) dinner at a seaside restaurant on Sunday.
- It \_\_\_\_\_ (snow-snows) in Brighton tomorrow evening.
- Paul \_\_\_\_\_ (fly-flies) to London on Monday morning.
- Wait! I \_\_\_\_\_ (drive-drives) you to the station.
- This year, the English lesson \_\_\_\_\_ (start-starts) at 8:45.  
Last year, it \_\_\_\_\_ start at 7:00 o'clock.
- I \_\_\_\_\_ (see-sees) my mother in April.





**READ THE CLUES AND COMPLETE THE  
CROSSWORD**

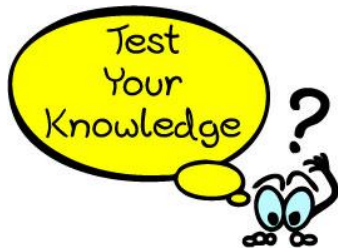


**Horizontal**

- 1. Traditional public transportation.
- 6. A flying vehicle.

**Vertical**

- 2. Modern transportation system used in Panama city.
- 3. Section of the subway.
- 4. Animal used as a mean of transportation in the countryside..
- 5. Most important route of transportation in Panama.



**FOLLOW THE INSTRUCTIONS TO MAKE THE PROJECT.**

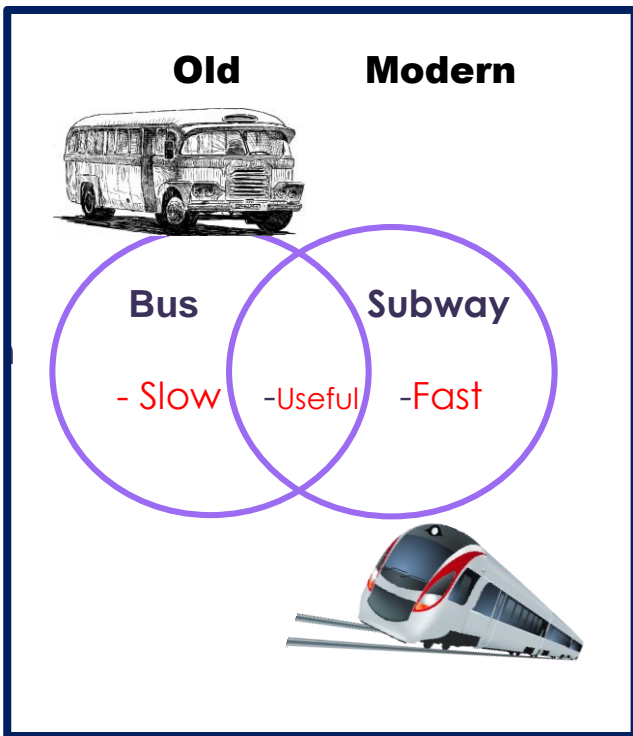
## Instructions

Make a poster to compare old and modern means of transportation.

Use a Venn Diagram to compare 5 old and 5 modern means of transportation.

- ✓ Write characteristics of old and modern means of transportation.
- ✓ Use draws or picture to illustrate the poster.
- ✓ Write similarities between old and modern means of transportation.
- ✓ Remember capital letters and punctuation marks.

## Example



# Self-assessment Checklist

Use the following check list to make sure your project is well done.

- Wrote characteristics of 5 old and 5 modern means of transportation.
- Wrote similarities between old and modern means of transportation.
- Used draws or pictures to illustrate the poster.
- Used capital letters and punctuation marks when necessary.
- Expressed his/her creativity.

1. **Digital**: with advanced technology.
2. **goods**: materials that satisfy human needs.
3. **line**: section of the metro.
4. **manual**: operated by hand.
5. **population**: all inhabitants of a particular place.
6. **road**: a route of transportation on land.
7. **route**: line of communication.
8. **subway**: underground rapid transit rail systems.
9. **traffic**: number of vehicles moving along the road.
10. **vehicle**: a thing used for transporting people or goods.

## I LEARNED...

CHECK ( ✓ ) THE THINGS YOU LEARNED

**I can list the means of transportation.****I can provide examples of past and modern types of transportation.****I can make sentences to express my plans.**

## SUPPLEMENTARY MATERIAL

CHECK THIS MATERIAL FOR EXTRA KNOWLEDGE

[https://www.youtube.com/watch?v=UUScD\\_L3-ck](https://www.youtube.com/watch?v=UUScD_L3-ck)

[https://www.youtube.com/watch?v=25laUQ\\_oUyM](https://www.youtube.com/watch?v=25laUQ_oUyM)







# ONLINE RESOURCES

<https://www.theteacherscorner.net/>

<http://www.word-search-world.griddler.co.uk/Word-Search-Generator.aspx>

<https://www.vectorfair.com/>

<https://www.pinterest.ru/pin/115052965456649903/>

<https://www.freepik.es/vectores-populares>

<https://es.vecteezy.com/>

<https://creativecommons.org/>

<https://www.teach-this.com/grammar-activities-worksheets>

<https://www.teachstarter.com/au/learning-area/english/grammar/>

[https://es.wikipedia.org/wiki/Portable\\_Network\\_Graphics](https://es.wikipedia.org/wiki/Portable_Network_Graphics)