



Universidad Veracruzana

**Ruta de Apoyo de Aprendizaje para
estudiantes del curso de Inglés
Principiantes de la Licenciatura en Lengua
Inglesa de la Facultad de Idiomas**

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702, en la Licenciatura en Lengua Inglesa.
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Periodo: agosto 2020 – enero 2021

**Fecha de creación: martes 23 de febrero,
2021**

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UNIT 1- HEALTH



<https://www.englishexercises.org/makeagame/viewgame.asp?id=11276>

<https://www.englishexercises.org/makeagame/viewgame.asp?id=2640>

<https://www.learnenglishfeelgood.com/vocabulary/esl-doctor-medical3.html>

<https://www.ego4u.com/en/cram-up/tests/simple-present-1>

<https://www.perfect-english-grammar.com/present-simple-exercise-7.html>

https://elt.oup.com/student/solutions/elementary/grammar/grammar_02_012e?cc=mx&selLanguage=en

<https://www.englishexercises.org/makeagame/viewgame.asp?id=7330>

1 a- Listening

Listen to the following recording and answer the questions.










[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(ESL\)/Healthy Habits/Home Exercise* Listening fp139663is](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Healthy_Habits/Home_Exercise* Listening_fp139663is)


<https://www.esl-lab.com/intermediate/healthy-lifestyle/>

1a- Vocabulary

Look at the following phrasal verbs related to the word SLEEP. Then make one sentence with each phrasal verb.

Phrasal Verbs: SLEEP

<p>Wake up (Stop sleeping, or make someone stop sleeping) I often wake up at 6. am.</p>		<p>Sleep on it (Delay making a decision until the following day) Sleep on it and we'll talk tomorrow, okay?</p>	
<p>Sleep in Sleep longer than wanted We usually sleep in on Sunday mornings.</p>		<p>Doze off (Go to sleep, especially when you did not intend to) Sorry, I must have dozed off for a few minutes.</p>	
<p>Drop off (Fall asleep easily, without intending to) She kept dropping off at her desk.</p>		<p>Lie down (Rest on your back) He lay down on the sofa and soon fell asleep.</p>	
<p>Go off (Ring) I've set the alarm clock to go off at 6 am.</p>		<p>Stay up (Go to bed later than usual) We stayed up half the night talking.</p>	
<p>Sleep through (Sleep continuously for a long time) I slept right through till lunchtime.</p>			



[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Present simple and present continuous/Reading comprehension Present s imple%5E%20Present continuous qr711915qe](https://es.liveworksheets.com/worksheets/en/English%20as%20a%20Second%20Language%20(E%20SL)/Present%20simple%20and%20present%20continuous/Reading%20comprehension%20Present%20simple%5E%20Present%20continuous%20qr711915qe)

<https://www.photocopiables.com/resources/present-simple-and-present-continuous-esl-reading-text>

1b- Vocabulary

<https://en.islcollective.com/english-esl-worksheets/grammar/present-simple-tense/go-play-or-do-sport/31780>

https://www.englisch-hilfen.de/en/exercises/confusing_words/do_go_play.htm

<https://www.usingenglish.com/quizzes/417.html>

1b- Grammar

After reading the brief explanation about PS & PC click on exercise 1, 2 and 11. Then, solve them.

<https://www.ego4u.com/en/cram-up/grammar/simpre-prepro>

<https://speakSpeak.com/english-grammar-exercises/elementary/present-simple-or-present-continuous>

1b- Listening

Click on the following link:

https://www.examenglish.com/A2/A2_listening_free_time.htm

1c- Reading / listening

Read the following article, listen and answer the exercises.

<https://www.ngllife.com/long-and-healthy-life-1>

<https://www.pinterest.com.mx/pin/729935052104126045/>

1c- Vocabulary

Click on the flash cards to see the meaning of the words.

<https://quizlet.com/pe/514747771/pre-intermediate-1-word-focus-feel-flash-cards/>

<https://www.englishexercises.org/makeagame/viewgame.asp?id=6096>

1d- Vocabulary

<https://www.englishexercises.org/makeagame/viewgame.asp?id=2640>

https://www.elbase.com/quiz/069_02.htm

[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(E_SL\)/Illnesses_and_health_problems/At_the_hospital_ue685132ue](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(E_SL)/Illnesses_and_health_problems/At_the_hospital_ue685132ue)

1d- Listening

[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(E_SL\)/Illnesses_and_health_problems/Listening*At_the_Doctor_hg146415vz](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(E_SL)/Illnesses_and_health_problems/Listening*At_the_Doctor_hg146415vz)

<https://www.esl-lab.com/basic-english/sick-day/>

1d- Reading

On the first page you must read some information then turn the page and answer the exercises.

https://www.eslprintables.com/vocabulary_worksheets/health/health_problems/health_problems_reading_compre_861551/

1e- Reading

<https://courses.lumenlearning.com/pierce-basicreadingandwriting-1/chapter/conjunctions/>

https://www.superteacherworksheets.com/conjunctions/combining-sentences-basic_ANDB.pdf

1e- Listening

<https://soundgrammar.com/learn/L5-CEFR-B2/L5-01-fanboys.htm>

1e- Grammar

<https://agendaweb.org/exercises/grammar/conjunctions>

https://www.englisch-hilfen.de/en/exercises/word_order/conjunctions2.htm

UNIT 2- COMPETITIONS



2a – Reading

After reading the text you must answer the questions at the end of the page.

<https://www.excellentesl4u.com/esl-sport-reading.html>

<https://es.liveworksheets.com/sa976766je>

2a – Listening

[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Sports/Leisure and sports listening zv19260da](https://es.liveworksheets.com/worksheets/en/English+as+a+Second+Language+(E+SL)/Sports/Leisure+and+sports+listening+zv19260da)

The second link contains different sections, the one you must answer is the reading section.

<https://listenaminute.com/s/sport.html>

<https://www.excellentesl4u.com/esl-sport-listening.html>

2a – Grammar

https://www.englisch-hilfen.de/en/exercises/structures/gerund_infinite.htm

https://www.english-grammar.at/online_exercises/gerund-infinite/gi029-gerund.htm

2 a – Vocabulary

Check and repeat the following exercises related to sports

<https://www.learnenglish.de/vocabulary/sport.html>

For the following link, you must check the vocabulary and then answer the test.

<https://www.esolcourses.com/content/topics/sport/english-words-for-sports.html>

2b - Reading

<https://www.esleschool.com/pre-intermediate-day-i-won-competition/>

2b – Grammar

<https://agendaweb.org/exercises/verbs/modals/mixed-1>

https://www.english-grammar.at/online_exercises/modal-verbs/m009.htm

<https://www.englishexercises.org/makeagame/viewgame.asp?id=3023>

2b – Listening

<https://www.esleschool.com/b1-competition/>

<https://engexam.info/fce-listening-practice-tests/fce-listening-practice-test-7/2/>

2b – Vocabulary

<https://dictionary.cambridge.org/es-LA/topics/sports/competitions-and-parts-of-competitions/>

<https://www.macmillandictionary.com/thesaurus-category/british/general-words-for-competitions>

2 c – Reading

[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(ESL\)/Modal verbs/Reading- modal verbs_xy1555327kp](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Modal_verbs/Reading-_modal_verbs_xy1555327kp)

In the following exercise you must choose the best option.

<https://www.bellenglish.com/blog/story-modal-verbs/>

2c – Vocabulary

In the following exercise you must read and practice the vocabulary.

<https://www.englishpractice.com/expressions/expressions-7/>

<https://www.myenglishpages.com/english/grammar-exercise-questions-with-like.php>

2c – Listening

http://inenglish.pe/e-learning/aula/_data/examenes/20130124022509_20.A.listen-lesson20.htm

<https://listenaminute.com/o/opinions.html>

2d/ e- Grammar

<http://www.learnex.in/free-english-lesson-talking-about-hobbies-in-english/>

2d/ e – Vocabulary

<http://www.learnex.in/free-english-lesson-talking-about-hobbies-in-english/>

UNIT 3 – TRANSPORT



Here are some images related to means of TRANSPORTATION.



3a- Reading

For the following exercise you need to select the picture, read and then answer the questions.

https://teachables.scholastic.com/teachables/books/Transportation-Reading-Comprehension-Passage-9780439503983_037.html

3a- vocabulary

<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/transport>

<https://www.englishexercises.org/makeagame/viewgame.asp?id=2883>

3a- Grammar

<https://www.learnenglishfeelgood.com/english-comparative-superlative1.html>

<https://www.esl-lounge.com/student/grammar/4g2-the-the-comparatives.php>

3a- Listening

Listen to the recordings and answer the exercises.

<https://learnenglish.britishcouncil.org/skills/listening/pre-intermediate-a2/transport-announcements>

<https://learnenglishteens.britishcouncil.org/skills/listening/elementary-a2-listening/trains-travel>

3b- Reading

<https://www.grammarbank.com/work-animals-reading.html>

3b- Listening

<https://www.esleschool.com/a2-about-animals/>

3b- Vocabulary

<https://agendaweb.org/exercises/vocabulary/animals/animals-1.htm>

<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/animals>

3b- Grammar

https://www.englisch-hilfen.de/en/exercises/adjectives_adverbs/adjectives_comparison_as_as.htm

<https://agendaweb.org/exercises/grammar/comparison/comparatives-as-as-write>

<https://www.grammar-quizzes.com/sameas.html>

3c- Reading

<https://www.esleschool.com/animals-in-cold-countries/>

3c- Listening

[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Means of transport/Means of transport \(listening\) ez1936mq](https://es.liveworksheets.com/worksheets/en/English+as+a+Second+Language+(E+SL)/Means+of+transport/Means+of+transport+(listening)+ez1936mq)

3c- Vocabulary

<https://www.english-at-home.com/transport-vocabulary/>

3c- Grammar

<https://es.liveworksheets.com/lb1210226oo>

<https://es.liveworksheets.com/lb1210226oo>

3d- Listening

https://www.examenglish.com/B1/b1_listening_transport.htm

3d-Vocabulary

<https://www.learnenglish.de/vocabulary/transport.html>



UNIT 4- ADVENTURE

4a- Vocabulary

[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(ESL\)/Vocabulary/Vocabulary adventure equipment tf55426xj](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Vocabulary/Vocabulary_adventure_equipment_tf55426xj)

<https://english.best/tests/vocabulary-practice-adventure-and-danger-1/>

4a- Reading

Read and underline the vocabulary that may be unknown to you.

<https://en.islcollective.com/english-esl-worksheets/material-type/fun-activities-and-games/young-girl-and-sea/35203>

4a- Grammar

<https://www.focus.olsztyn.pl/en-the-past-simple-tense-exercises.html>

https://www.englisch-hilfen.de/en/exercises/tenses/simple_past_mix.htm

4a- Listening

<https://www.esleschool.com/great-ship-adventure-listening-exercise/>

You may choose the task that you prefer.

<https://learnenglishteens.britishcouncil.org/study-break/graded-reading/hidden-treasure-rocky-mountains-level-2>

4b- Vocabulary

<http://jerome.boulinguez.free.fr/english/file/hotpotatoes/personality.htm>

<http://esl.fis.edu/vocab/q12m/BLU22.htm>

4b- Listening

[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(E_SL\)/Personality_Adjectives/Personality - listening skills practice ox1254793rj](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(E_SL)/Personality_Adjectives/Personality_-_listening_skills_practice_ox1254793rj)

[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(E_SL\)/Personality_Adjectives/Listening exercise zh68932pc](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(E_SL)/Personality_Adjectives/Listening_exercise_zh68932pc)

4b- Grammar

<https://agendaweb.org/exercices/verbs/past-continuous/exercise-1>

<https://agendaweb.org/exercices/verbs/past-continuous/write-1>

<https://www.perfect-english-grammar.com/past-continuous-exercise-1.html>

4b- Reading

<https://www.englishhints.com/negative-prefixes.html>

4c- Grammar

<https://agendaweb.org/exercices/grammar/prepositions/time-2>

<https://agendaweb.org/exercices/grammar/prepositions/time-1>

[https://www.englisch-hilfen.de/en/exercises/structures/prepositions at in on time.htm](https://www.englisch-hilfen.de/en/exercises/structures/prepositions_at_in_on_time.htm)

4c- Vocabulary

<https://es.liveworksheets.com/dl1498423xv>

<https://www.englishexercises.org/makeagame/viewgame.asp?id=5944>

4c- Listening

<https://www.englishlistening.rocks/learn-english-listening-geography-quiz/>

UNIT 5- ENVIRONMENT



5a- Vocabulary

<https://agendaweb.org/exercises/vocabulary/house/parts-match>

<https://agendaweb.org/exercises/vocabulary/house/house-multiple-1>

5a- Listening

[https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Listening_comprehension/Listening_recycling_yy1196618rr](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Listening_comprehension/Listening_recycling_yy1196618rr)

<https://listenaminute.com/r/recycling.html>

5a- Grammar

<https://www.englishexercises.org/makeagame/viewgame.asp?id=4307>

<https://www.englishexercises.org/makeagame/viewgame.asp?id=3246>

[https://es.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Countable and uncountable nouns/Countable -
Uncountable nouns kx176rx](https://es.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(E_SL)/Countable_and_uncountable_nouns/Countable_-_Uncountable_nouns_kx176rx)

5a- Reading

<https://www.pinterest.com.mx/pin/358388082844472053/>

<https://www.ereadingworksheets.com/reading-comprehension-worksheets/garbage/>

5b- Vocabulary

<https://www.tolearnenglish.com/exercises/exercise-english-1/exercise-english-116.php>

5b- Reading

Once you have read the article, please choose one of the tasks.

<https://learnenglish.britishcouncil.org/skills/reading/upper-intermediate-b2/the-sharing-economy>

<https://www.excellentesl4u.com/esl-clothes-reading.html>

5b-Grammar

<https://agendaweb.org/exercises/grammar/definite-the>

<https://www.focus.olsztyn.pl/en-grammar-articles-test-5.html>

5c- Reading

Click on the '*understanding of the topic*' and answer the exercise.

<https://learnenglishteens.britishcouncil.org/study-break/video-zone/plastic-ocean>

<http://www.autoenglish.org/listening/plasticReading.htm>

5c- Vocabulary

https://www.vocabulary.cl/Advanced/Phrasal_Verbs/take.htm

<https://www.tolearnenglish.com/exercises/exercise-english-2/exercise-english-49129.php>