

LEARNING EXPERIENCE N° 8

LET'S CHANGE OUR LIFESTYLE

Competencia: Lee diversos tipos de textos escritos en inglés como lengua extranjera.

Propósito: Completar textos informativos en inglés sobre super alimentos peruanos, para promover el cuidado de nuestra salud y una mejor condición física.

FULL NAME: **GRADE:** **SECTION:**

ACTIVITY 2: PERUVIAN SUPERFOODS

I. Unscramble the words



some quinoa



a cake



some wheat flour



some grapes



an apple



a pastry

I. Listen to Julio Garay's interview and write T (true) or F (false)



Julio Garay is a Peruvian agro-industrial engineer who created **Nutri H, anti-anemia-cookies**.

Example:

Julio is an international winner.

☒ T

1. Peruvian people didn't support Julio's idea on the web.

☐

2. Nutri H are cookies made of superfoods.

☐

3. Nutri H fights anemia.

☐

4. Quinoa, wheat flour, chocolate and sugar are some ingredients for the cookies.

☐

5. Blood is the most important ingredient for the cookies.

☐

6. Julio didn't suffer anemia.

☐

7. Julio thinks healthy eating is important.

☐

II. Complete with “some”, “a” or “an”

At home, we usually eat healthy food to prevent diseases.

I'm in charge of buying groceries, for this reason I looked for some information about healthy food.

Last time I went to the market, I bought (1) _____ carrots, tomatoes, onions and (2) _____ head of lettuce. About fruit I got (3) _____ bananas, oranges and apples. I usually eat (4) _____ apple every morning.

Tubers and grains are also important, so I bought (5) _____ kilo of potatoes, sweet potatoes and (6) _____ quinoa and wheat flour.



III. Look at the pictures and tick healthy products



- My healthy shopping list**
- ☐ A carton of milk
 - ☐ A bottle of soda
 - ☐ A bag of candies
 - ☐ A packet of wheat flour
 - ☐ A kilo of potatoes
 - ☐ A dozen of eggs
 - ☐ A slice of pizza
 - ☐ A can of tuna
 - ☐ A piece of cheese
 - ☐ A bar of chocolate



IV. WHAT CAN I DO?



1. ¿Puedo reconocer el vocabulario sobre alimentos? **SÍ - NO**
2. ¿Puedo utilizar el pronombre indefinido "some" y los artículos "a" o "an" al referirme a alimentos? **SÍ - NO**
3. ¿Puedo identificar el vocabulario relacionado con alimentos al leer una lista de compras? **SÍ - NO**