



LET'S CHANGE OUR LIFESTYLE!

COMPETENCIA:

Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

PROPÓSITO:

Comprender información específica de textos en inglés identificando el vocabulario, a fin de elaborar, en este idioma, una receta de un plato peruano saludable y describir paso a paso su preparación empleando conectores de secuencia.

CHALLENGE:

Elaborar una receta de un plato peruano saludable utilizando el léxico pertinente, los conectores de secuencia y las estructuras adecuados en inglés.

@Mrs.Jessica.Carhuavilca



STUDENT'S NAME: _____ CLASS: _____

TEACHER'S NAME: _____ DATE: _____



Activity 2: PERUVIAN SUPERFOODS !

LEAD IN!

Unscramble the words.



some **grain**



an _____



a _____



some _____



a _____



some flour.

LET'S PRACTISE!

LISTENING COMPREHENSION

EXERCISE 1



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



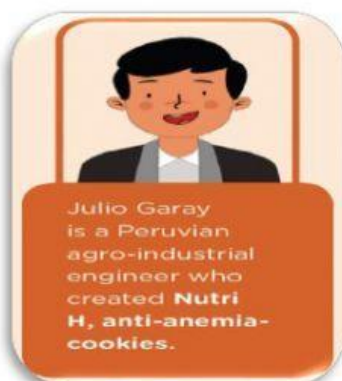
https://youtu.be/r36N4_DfLCg



Example:

Julio is an international winner.

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.



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

EXERCISE 2

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.

A / An

USE: with COUNTABLES in Singular.
Example: There is A plum.
There is AN apple.

Some

USE: With Countables and Uncountables in AFFIRMATIVE sentences.
Example: There is SOME sugar.
There are SOME apples.

A + consonant
An + vowel

some + uncountable nouns
some + Plural countable nouns

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EXERCISE 3

Look at the pictures and tick "✓" healthy products or cross "X" unhealthy 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

LET'S SELF ASSESS!

Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas más. ¿Los puedes hacer?

@Mrs.Jessica.Carhuavilca

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

