



APRENDO
EN CASA

INSTITUCIÓN EDUCATIVA IGNACIA VELÁSQUEZ

Dirigida por la Congregación de Hermanas Mercedarias de la Caridad
Afiliada al consorcio de Colegios Católicos del Perú
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"Nuestra Señora de las Mercedes es de todos y para todos" (Zegrí)

"Año de la Universalización de la salud"



Listen and complete the recipe.



DESCRIBE MY HEALTHY FOOD



Hello, people! Today, we are going to make a delicious and nutritious dish.

Cebiche is healthy, juicy, delicious, and nutritious. It's one of the most popular dishes in Peru. In fact, to eat this unique dish you can go to an exclusive restaurant or enjoy it at home by making your own cebiche. Today we will show you how to prepare this delightful dish. These are the ingredients and the preparation:



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Periódico Escolar
COMPLETA
de SECUNDARIA

"Año de la Universalización de la salud"

DO IT YOURSELF!



CEBICHE

INGREDIENTS

- One kilo of fish
- One red onion
- ½ kilo of lemon
- One chili pepper
- One kilo of sweet potatoes
- Salt to taste



Let's cook our delicious ceviche.

COMPLETE

First, _____ the fish and _____ it into small squares. After that, _____ the fish in a glass bowl.

Then, _____ the lemons, _____ them and pour the juice in a cup. Next, cut the onions and chili pepper. _____ the fish, onions and hot pepper in a glass bowl, and then, pour the lime juice in the bowl and _____ in the lime juice for 20 minutes. While the fish is cooking, _____ the sweet potatoes until they are soft.

Finally, remove the fish from the bowl and add some salt.

Slice the sweet potatoes and serve with the fish.



DO IT YOURSELF!

Write the sequence of your recipe. Use sequencers

Finally / Then / And then / Next / First

1. _____, beat the eggs. Use two or three eggs per omelette.
2. _____, melt a piece of butter in a pan for each omelette.
3. _____, add the eggs to the pan.
4. _____, cook them for a couple of minutes.
5. _____, fold it and serve it in a plate.

Now, it's your turn,
write your recipe.