



## LEARNING EXPERIENCE 08



### Let's Change Our Lifestyle

### ACTIVITY 04: Do it yourself

#### Competencia:

Escribe diverso tipo de texto en inglés como lengua extranjera

#### Propósito:

*Elabora una receta saludable de un plato peruano, para promover el cuidado de nuestra salud y una mejor condición física, que podría ser publicada en Healthy Eating Research.*

#### Capacidades:

Adecua, organiza y utiliza convenciones del lenguaje escrito de forma pertinente.



#### Actividades:

Observa video sobre uso de imperativos y sustantivos contable y no contables. Analiza reglas gramaticales sobre uso de quantifiers (some, any, a, an, a little, a few) Completa ejercicios de gramática, Crea receta de plato peruano con ingredientes nutritivos y saludables.



## ➤ IMPERATIVES COUNT NON COUNT NOUNS EATING IN THE RESTAURANT RECIPES



## ➤ Grammar Zone



**ENGLISH GRAMMAR** **COUNTABLE AND UNCOUNTABLE NOUNS** *Woodward's ENGLISH*

**COUNTABLE NOUNS** We can count

Have a singular and plural form → a tree two trees  
Can use a *singular* verb or a *plural* verb → The **book** is old.  
→ The **books** are old.

**UNCOUNTABLE NOUNS** We cannot count

Have only one form (no plural) → butter butters  
Always use a singular verb → **Sugar** is sweet.  
Cannot use *a, an* or *a number* before them → ~~a~~ rice two rice  
→ ~~a~~ bread two bread

**UNCOUNTABLE NOUNS ARE OFTEN...**

<b>ABSTRACT IDEAS</b> (cannot touch) love, freedom, education, luck, help, beauty, music, thunder	<b>LIQUIDS &amp; GASES</b> water, milk, wine, oil, coffee, rain, soup, air, smoke, blood, juice, fog
<b>MADE OF SMALLER PARTS</b> sugar, rice, salt, sand, flour, dirt, dust, traffic, grass, spaghetti	<b>MATERIALS</b> wood, glass, paper, gold, silver, ice, iron, cotton, wool, steel
<b>SOME FOOD</b> (cut into small parts) bread, fish, cheese, chocolate, meat, bacon, food, ham	<b>BE CAREFUL!</b> (uncountable in English) furniture, advice, work, news, information, luggage, money

[www.grammar.cl](http://www.grammar.cl) [www.woodwardenglish.com](http://www.woodwardenglish.com) [www.vocabulary.cl](http://www.vocabulary.cl)

**ENGLISH GRAMMAR** **MUCH - MANY** **A LOT OF - LOTS OF** *Woodward's ENGLISH*

= a large quantity of something

**Much and Many** are mainly used in **negative sentences and questions**. They are **not** common in affirmative sentences though still possible. **Much** is used with **uncountable nouns**. **Many** is used with **plural countable nouns**.

<b>MUCH</b>	<b>MANY</b>
+ <b>UNCOUNTABLE NOUNS</b>	+ <b>PLURAL COUNTABLE NOUNS</b>
- I don't have <b>much</b> time.	- There aren't <b>many</b> chairs in the room.
- He doesn't need <b>much</b> money.	- I don't have <b>many</b> friends.
- Does it use <b>much</b> electricity?	- Do you think <b>many</b> people will go?

With **affirmative sentences**, we prefer **a lot of** instead of **much/many**. **A lot of / lots of** are **not** common in negative sentences or questions. **A lot of** can be used with **countable nouns and uncountable nouns**.  
a lot of = lots of

<b>A LOT OF</b>	<b>A LOT OF</b>
+ <b>UNCOUNTABLE NOUNS</b>	+ <b>PLURAL COUNTABLE NOUNS</b>
- I need <b>a lot of</b> coffee. (= I need <b>lots of</b> coffee.)	- She has <b>a lot of</b> friends. (= She has <b>lots of</b> friends.)
- There is <b>a lot of</b> traffic today.	- There are <b>a lot of</b> cars on the street.

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English Grammar

## A - An - Some - Any

Woodward ENGLISH

**A / AN + singular countable nouns**

**A + CONSONANT SOUND** There is **a** bottle on the table.

**AN + VOWEL SOUND** There is **an** apple on the table.

**SOME / ANY + plural countable nouns & uncountable nouns**

**+ affirmative SOME** There is **some** cheese in the fridge.

**- negative ANY** There isn't **any** cheese in the fridge.

**? questions \* ANY** Is there **any** cheese in the fridge?

		COUNTABLE SINGULAR	COUNTABLE PLURAL	UNCOUNTABLE
<b>+</b>	affirmative	A / AN	SOME	SOME
<b>-</b>	negative	A / AN	ANY	ANY
<b>?</b>	questions *	A / AN	ANY	ANY
<b>* EXCEPTIONS</b>			COUNTABLE PLURAL	UNCOUNTABLE
<b>?</b>	questions 1. offer	Would you like some ... ?	SOME	SOME
<b>?</b>	questions 2. ask for	Can I ... some ... ?	SOME	SOME
<b>?</b>	questions 3. suggest	Why don't we ... some ... ?	SOME	SOME

# THE DIFFERENCE BETWEEN SOME & ANY IN ENGLISH

ENGLISH GRAMMAR

## FEW - LITTLE

### A FEW - A LITTLE

= a small quantity; a small amount

**FEW + Plural Countable Nouns**

**A FEW + Plural Countable Nouns**

**LITTLE + Uncountable Nouns**

**A LITTLE + Uncountable Nouns**

= not many; not enough; nearly no ...

= some; a small amount

= not much; not enough; nearly no ...

= some; a small amount

### FEW = NOT MANY

(FEW normally conveys a negative idea)

- He has **few** good friends. (negative idea - not enough)
- **Few** people went to the concert.
- There are **few** honest politicians.

### LITTLE = NOT MUCH

(LITTLE normally conveys a negative idea)

- There was **little** time to finish it. (negative idea - nearly no time)
- He has **little** patience with others.
- They have **little** money to spend.

### A FEW = SOME (a small amount)

(A FEW normally conveys a positive idea)

- He has **a few** friends that will help. (positive idea - a small amount)
- I have **a few** days off next month.
- She has won **a few** awards.

### A LITTLE = SOME (a small amount)

(A LITTLE normally conveys a positive idea)

- I have **a little** milk you can use. (positive idea - a small amount)
- She has **a little** time to relax now.
- I have earned **a little** extra money.



Learning Experience 08

➤ *Choose the correct alternative (some, any, no, much, many, a lot of)*

1. This bag is very heavy because it has got \_\_\_\_\_ books in it.  
A) a little    B) a lot of    C) a few
2. Mike and Rachel have got \_\_\_\_\_ friends from Asia.  
A) any    B) much    C) a few
3. Have we got \_\_\_\_\_ milk in the fridge, mother?  
A) many    B) a few    C) any
4. How \_\_\_\_\_ money have you got in your purse?  
A) many    B) any    C) much
5. My mother has got \_\_\_\_\_ friends.  
A) a little    B) a lot of    C) much
6. We have got \_\_\_\_\_ apples and \_\_\_\_\_ oranges in the fridge.  
A) a little / some    B) many / a little    C) a few / some
7. Are there \_\_\_\_\_ children in the school garden?  
A) a little    B) any    C) much
8. My teacher hasn't got \_\_\_\_\_ 6th grade student this year.  
A) some    B) any    C) a few
9. Sam, \_\_\_\_\_ there \_\_\_\_\_ milk in the fridge?  
A) are / any    B) is / any    C) is / a few
10. How \_\_\_\_\_ cheese has she got in the basket?  
A) many    B) much    C) any
11. There are \_\_\_\_\_ English teachers at this school this year.  
A) many    B) much    C) a little
12. We haven't got \_\_\_\_\_ toothpaste but we have got \_\_\_\_\_ toothbrushes.  
A) some / some    B) some / any    C) any / some




Learning Experience 08

- **Remember:** *Tu reto: elabora una receta saludable de un plato peruano, para promover el cuidado de nuestra salud y una mejor condición física, que podría ser publicada en Healthy Eating Research.*
- *Now create your own recipe with Peruvian ingredients. Follow this example. Use Sequencers, quantifiers, Peruvian food ingredients.*

Agrega una breve introducción del plato peruano

Agrega una o dos imágenes del plato


Indica los ingredientes y usa quantifiers (some, any, a, an)



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Hello, people! Today, in our blog 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:



**CEBICHE**

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INGREDIENTS

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

Are you ready? Let's cook our delicious cebiche.

**First,** (1) \_\_\_\_\_ the fish and (2) \_\_\_\_\_ it into small squares. After that, (3) \_\_\_\_\_ the fish in a glass bowl.

**Then,** (4) \_\_\_\_\_ the lemons, (5) \_\_\_\_\_ them and pour the juice in a cup.

**Next,** cut the onions and chili pepper. (6) \_\_\_\_\_ the fish, onions and hot pepper in a glass bowl, **and then,** pour the lime juice in the bowl and (7) \_\_\_\_\_ in the lime juice for 20 minutes. While the fish is cooking, (8) \_\_\_\_\_ 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.

Utiliza sequencers (First, then, next, after that, and then, finally)

