



I.E. 7080 "JORGE BERNAL SALAS"



NAME:



GRADE:SECTION:

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Superfoods from Peru

LET'S LISTEN AND READ 1

BROCHURE 1

Superfoods from Peru

Super Fruits

Granadillas



1. **Where are granadillas from?**
They are from the Peruvian Andes.
2. **What colour are granadillas?**
They're orange.
3. **What are their health benefits?**
They are a good source of vitamin C, vitamin B3 and antioxidants.
4. **When are granadillas in season?**
They are in season all year round.

Super Grains

Quinoa



1. **Where is quinoa from?**
It is from the shores of Titicaca Lake.
2. **What colour is quinoa?**
It can be red, white or black.
3. **What are its health benefits?**
It is rich in amino acids, protein and minerals.
4. **When is quinoa in season?**
It is in season from April to July.



Super Roots

Yacon



1. **Where is yacon from?**
It is from the Peruvian Andes.
- What colour is yacon ?**
It is beige.
3. **What are its health benefits?**
It is rich in antioxidants, potassium and prebiotics
4. **When is yacon in season?**
It is in season all year round.

Information extracted from PROMPERU,
<https://peru.info/en-us/superfoods>

BROCHURE 2

Peru: Land of Super Foods

Super Vegetables
Artichokes

1. **Where are artichokes from?**
They are native to Africa.
2. **What colour are artichokes?**
They are green.
3. **What are their health benefits?**
They are a good source of antioxidants, fibre, vitamin C and K.
4. **When are artichokes in season?**
They are in season all year round.

Super Fish
Trout

1. **Where is trout from?**
It is from lakes in the Andean highlands.
2. **What are its health benefits?**
It is a good source of omega 3, vitamin A, vitamin B and micro nutrients.
3. **When is trout in season?**
It is in season all year round.

Information extracted from PROMPERU.
<https://peru.info/en-us/superfoods>

Super Herbs
Cat's claw

1. **Where is cat's claw from?**
It is from the Amazon rainforest.
2. **What colour is cat's claw?**
It is red brown.
3. **What are its health benefits?**
It is rich in anti-inflammatory and antioxidants.
4. **When is cat's claw in season?**
It is in season from April to August.

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

A. Complete the chart with a check () follow the example.

Food		Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
1.	Trout	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2.	Quinoa												
3.	Artichokes												
4.	Cat's claw												

Answer the questions using the information in A. Follow the people:

1. When is trout in season?

They're in season all year round.

2. When is quinoa in season?

It's in season from _____ to _____.

3. When are artichokes in season?

They're in season _____.

4. When is cat's claw in season?

It's in season from _____ to _____.