



NAME:



GRADE: SECTION:

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Superfoods from Peru

LET'S LISTEN AND READ 1

BROCHURE 1



Super Fruits



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.

**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.

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.

Information extracted from PROMPERU.

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LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

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

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 _____