

NAME: .....



GRADE: ..... SECTION: .....

Miss: Ruth Gómez Camacho

## Superfoods from Peru

Look at the food in the pictures and classify them into superfood groups  
Choose the right option.

**A****Super Fruits**

Peruvian native fruits  
Are rich in vitamins and antioxidants.

**B****Super Vegetables**

They are rich in vitamins and minerals to keep us healthy.

**C****Super Tubers - roots**

They give you energy and they are a good source of protein, carbs and amino acids.



Native chili pepper

Sweet pepper

1 \_\_\_\_\_

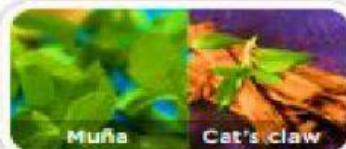


Tangerine

Pomegranate

Cherimoya

2 \_\_\_\_\_



Mifia

Cat's claw

3 \_\_\_\_\_

**Super Capsicum**

Peru has a wide variety of these Andean superfoods. They are very rich in nutrients.

**G****Super Fish**

Fish is a good source of omega.

**Super Grains**

Andean grains are rich in protein, fat, Starch and amino Acids.

4 \_\_\_\_\_



Artichokes

Asparagus

5 \_\_\_\_\_



Chia

Purple corn

Quinoa

6 \_\_\_\_\_



Mesquite

Maca

Yacon

7 \_\_\_\_\_



Chub mackarel

Tuna

Shrimp

LIVEWORKSHEETS