



6th Grade
Unit: 6

Video 3

Semana: 2
Del 21 al 24 Febrero





6th Grade
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What do you have for lunch?

Activity 5

Observar las imágenes, escuchar y unir ambas columnas.



Look,



Read and



Match/Connect.



a) I have salad, sushi, eggs, tomatoes, olives and rice.

b) I have chicken, olives, eggs, tomatoes and omelette.

c) I have pasta with vegetables and cucumber.

d) I have pizza and salad.

e) I have omelette, vegetables and salami.

f) I have rice, chicken, potatoes and vegetables.



Leer la información de la pirámide alimenticia y contestar las preguntas.



Look,



Read,



Write

The food pyramid is divided into 6 food groups. The food groups are:

Grains: oatmeal, beans.

Vegetables: carrot, squash.

Fruits: apple, banana.

Milk products: butter, cream.

Meats: ham, fish.

Sugars and fats: honey, chocolate.

A balanced diet consists of: 30% grains, 25% vegetables, 20% fruits, 15% milk products and meats, and 10% sugars and fats. For example, a balanced breakfast includes: a slice of bread, a serving of fruit, and a glass of milk.

It is important to have three main meals (breakfast, lunch, and dinner), and two healthy snacks.

1. ¿Cuántos grupos alimenticios existen? _____
2. ¿De cuál grupo debemos comer menos? _____
3. ¿Cuáles grupos debemos consumir para lograr una dieta balanceada? _____
4. ¿A cuál grupo pertenece la mantequilla? _____
5. ¿A cuál grupo pertenece el pescado? _____



Vocabulary

Observar, clasificar, arrastrar y pegar en la casilla correcta.

DAIRY PRODUCTS	FRUIT
SUGARS AND FATS	VEGETABLES
MEAT	GRAINS





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Wordsearch

Leer y encerrar las palabras de la lista.

Activity 8

B F S B R O C C O L I Y
C H O C O L A T E W M M
W A T E R Z Z I N N E I
V E G E T A B L E S A L
H C G R A I N S A N T K
G N J X F R U I T I J T
F B H U C H I C K E N J
Y G Q B U T T E R V J X

broccoli
butter
chicken
chocolate
fruit
grains
meat
milk
vegetables
water