



UNIDAD N° 1: Food and Healthy	Guía de Aprendizaje
	Objetivos: • Leer y comprender un texto acerca de la comida saludable
Curso: 6th grade	Profesor/a: Miss Maite Moena Vásquez

1. Read the text and look for key vocabulary.



HEALTHY FOOD

Healthy food is good for you. You need to have strong bones. The best part about healthy food is that it is tasty!

You should eat 4 **servings** of grains every day. You can find grains in **bread**, **rice** and **oatmeal**. You should not forget about **milk**, **cheese** and **yoqurt** too. They will give you strong bones.

Meat, **beans** and **fish** provide your body with iron and protein. You need them to grow your muscle. **Fruit** and **vegetables** are super important. You should eat many types every day!

Even though **chips** and **cookies** are tasty, only eat a few of them at a time, it is **junk food**. Eat healthy food; your body will thank you!

Vocabulary

Find: encontrar	a few: un poco
Forget: olvidar	tasty: sabroso
Provide: dar	eat: comer
Need: necesitar	grow: crecer



2. Classify the following food into healthy and junk food.

HEALTHY FOOD	JUNK FOOD
FISH	COOKIES
OATMEAL	MILK
HAMBURGER	HOT-DOG
	CHIPS
	CHEESE
	TACO

3. Complete with the correct word

1. We should eat _____ of grains every day.
2. Grains can be found in food such as _____.
3. Milk, cheese and yogurt will give us _____.
4. Meat, bread and fish provide your body with _____.
5. Fruits and vegetables are super _____.