



PERÚ

Ministerio
de EducaciónAPRENDO
en casa

Educación Secundaria

English: Level Pre A1

WEEK 5

Healthy Food*



Activity 1

Shopping list

LET'S SELF-ASSESS!

¿Qué tanto conoces sobre los grupos alimenticios? ¿Puedes comunicar tus ideas y opiniones sobre los alimentos que consumes en inglés? Expresa cuánto sabes en inglés con las frases en la parte superior de la tabla. Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas o incorrectas, lo importante es que seas honesta/o contigo misma/o al responder.



¿Lo puedo hacerlo?	No, necesito ayuda	Un poco, pero necesito ayuda	Sí puedo	Sí puedo y muy bien
1. ¿Puedo leer y comprender un texto corto y simple sobre los alimentos en inglés?				
2. ¿Puedo clasificar los alimentos de acuerdo a los grupos alimenticios estudiados en inglés?				
3. ¿Puedo entender la importancia de cada grupo alimenticio en inglés?				
4. ¿Puedo elaborar una lista de compras en inglés?				

* Material elaborado en colaboración con el British Council y RELO Andes de la Embajada de Estados Unidos.

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

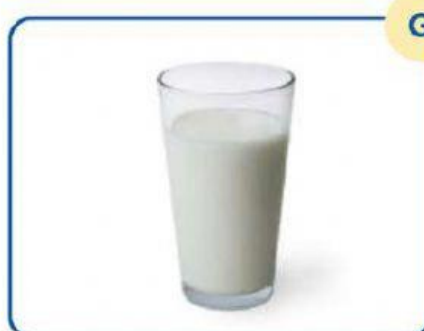
Match the foods in the shopping list with the correct picture. Follow the example:



SHOPPING LIST

1. Milk **G**
2. Potatoes
3. Apples
4. Chicken
5. Oranges
6. Fish
7. Peppers
8. Butter

Let's go shopping for food!



OBSERVE - EXERCISE 2

Match the pictures of food with the correct food group. Follow the example:



Food



D













READ

What food do Rosa, Victor, Jorge and Juana like? Read the texts.



Families like cooking together. They like going shopping for food together too.

Conversation 1

- Mom: Rosa, let's buy some **vegetables** today!
- Rosa: Great idea, mom. I like vegetables! They help your digestion.
- Mom: What vegetables do you like?
- Rosa: I like broccoli, carrots, lettuce, peppers and potatoes.



SHOPPING LIST

Broccoli Carrots Lettuce Peppers Potatoes



Conversation 2

- Dad: Victor, let's buy some **meats** and **fish** today!
- Victor: Great idea, dad. I love meats and fish! **They** give you energy and protein.
- Dad: What meats or fish do you like?
- Victor: I like fish, steak, ham, tuna fish and chicken.



SHOPPING LIST

Fish Steak Ham Tuna fish Chicken



Conversation 3

Mom: Jorge, let's buy some **dairy products** today!

Jorge: Great idea, mom. I like dairy products! They give you calcium.

Mom: What dairy products do you like?

Jorge: I like cheese, milk, yoghurt, butter and eggs.



SHOPPING LIST

Cheese Milk Yoghurt Butter Eggs



Conversation 4

Dad: Juana, let's buy some **meats** and **fish** today!

Juana: Great idea, dad. I like fruits! **They** give you nutrients, minerals, vitamins and dietary fibre.

Dad: What fruits do you like?

Juana: I like strawberries, apples, pineapples, grapes, and oranges.



SHOPPING LIST

Strawberries Apples Pineapples Grapes Oranges



REMEMBER:

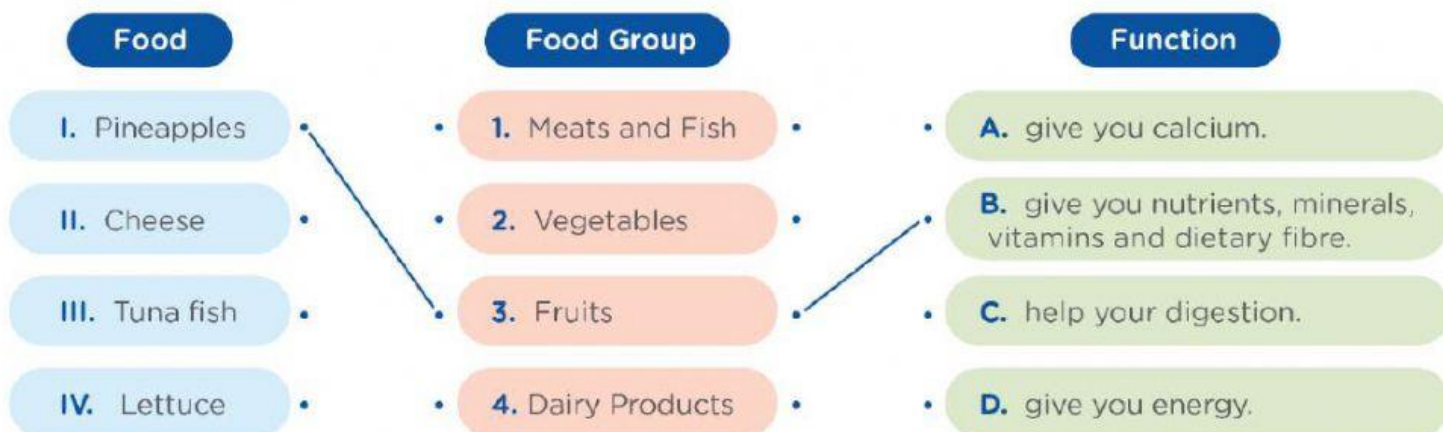
"Healthy eating means eating a variety of foods."



LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Match the boxes of each column using the information from the dialogues. Follow the example:



UNDERSTAND - EXERCISE 2

Write true sentences about each shopping list based on the dialogues. Follow the example:



Who likes the food on these shopping lists? You can repeat some names.

~~Juana~~ - Victor - Rosa - Jorge

SHOPPING LIST	SHOPPING LIST	SHOPPING LIST	SHOPPING LIST	SHOPPING LIST	SHOPPING LIST
Strawberries	Milk	Broccoli	Tuna fish	Peppers	Eggs

Example: Juana likes Strawberries.

- _____ likes _____.
- _____ likes _____.
- _____ likes _____.
- _____ likes _____.
- _____ likes _____.

UNDERSTAND - EXERCISE 3

Read the statements and **circle** TRUE or FALSE. Follow the example:

CIRCLE: TRUE or FALSE?

1. Yoghurt gives you energy and protein.

TRUE - **FALSE**
2. Victor likes dairy products.

TRUE - FALSE
3. Carrots are examples of vegetables.

TRUE - FALSE
4. Juana says, "fruits give you energy".

TRUE - FALSE
5. Steak gives you energy.

TRUE - FALSE
6. Oranges give you nutrients, minerals, vitamins and dietary fibre.

TRUE - FALSE
7. Jorge likes carrots and peppers.

TRUE - FALSE
8. Vegetables help your digestion.

TRUE - FALSE

PRACTISE - EXERCISE 1

Look at the pictures and **complete** the puzzle. Follow the example:

FOOD

Across

2. 

5. 

6. 

7. 

8. 

Down

1. 

3. 

4. 

1 E

2 G

G

S

3

4

5

6

7

8

PRACTISE - EXERCISE 2

Write the numbers and the plural:

SINGULAR AND PLURAL

Example:

One apple  Three apples 

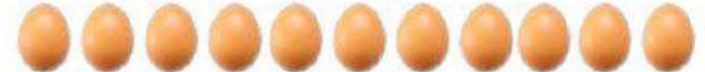
1. One orange





2. One egg





3. One pepper





4. One pineapple





5. One carrot





6. One potato





7. One strawberry





LOOK!

Para plurales aumentamos una 's' al final de la palabra.
Pero hay algunas excepciones como 'potato', para su plural se añade 'es' y para 'strawberry' se borra la 'y' y se añade 'ies'

Singular

potato

strawberry

Plural

potatoes

strawberries

En inglés, las palabras chicken, butter, milk, cheese, fish, sugar, meat, lettuce no tienen plural.



PRACTISE - EXERCISE 3

Complete the conversations. Follow the example:



What fruits do you like?

I like apples and grapes.



What tubers do you like?

I like _____.



What vegetables do you like?

I like _____, _____ and _____.



What dairy products do you like?

I like _____.



What meats or fish do you like?

I like _____ and _____.



What _____ do you like?

I like _____.

