

WEEK 5

# A balanced diet\*



## Actividad 1

## Foods & Superfoods

### LET'S SELF-ASSESS!

¿Cuánto sabes comunicar sobre comida saludable en inglés? 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.

|    | Can I do it?                                                     | Not at all | Somewhat | Well | Very Well |
|----|------------------------------------------------------------------|------------|----------|------|-----------|
| 1. | Can I tell the difference between healthy and unhealthy foods?   |            |          |      |           |
| 2. | Can I explain what superfoods in English is?                     |            |          |      |           |
| 3. | Can I write a blog entry about a superfood from Peru in English? |            |          |      |           |

### LET'S OBSERVE AND READ!

#### OBSERVE - EXERCISE 1

Match the words with the superfood picture. Follow the example:

"Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that our body needs.



Maca

Golden berry

~~Artichoke~~

Avocado

1 Artichoke

2

3

4

## OBSERVE - EXERCISE 2

Circle only the healthy food. Follow the example:



NUTS



COTTON CANDY



FISH



FRIES / CHIPS



BROCCOLI



SODA

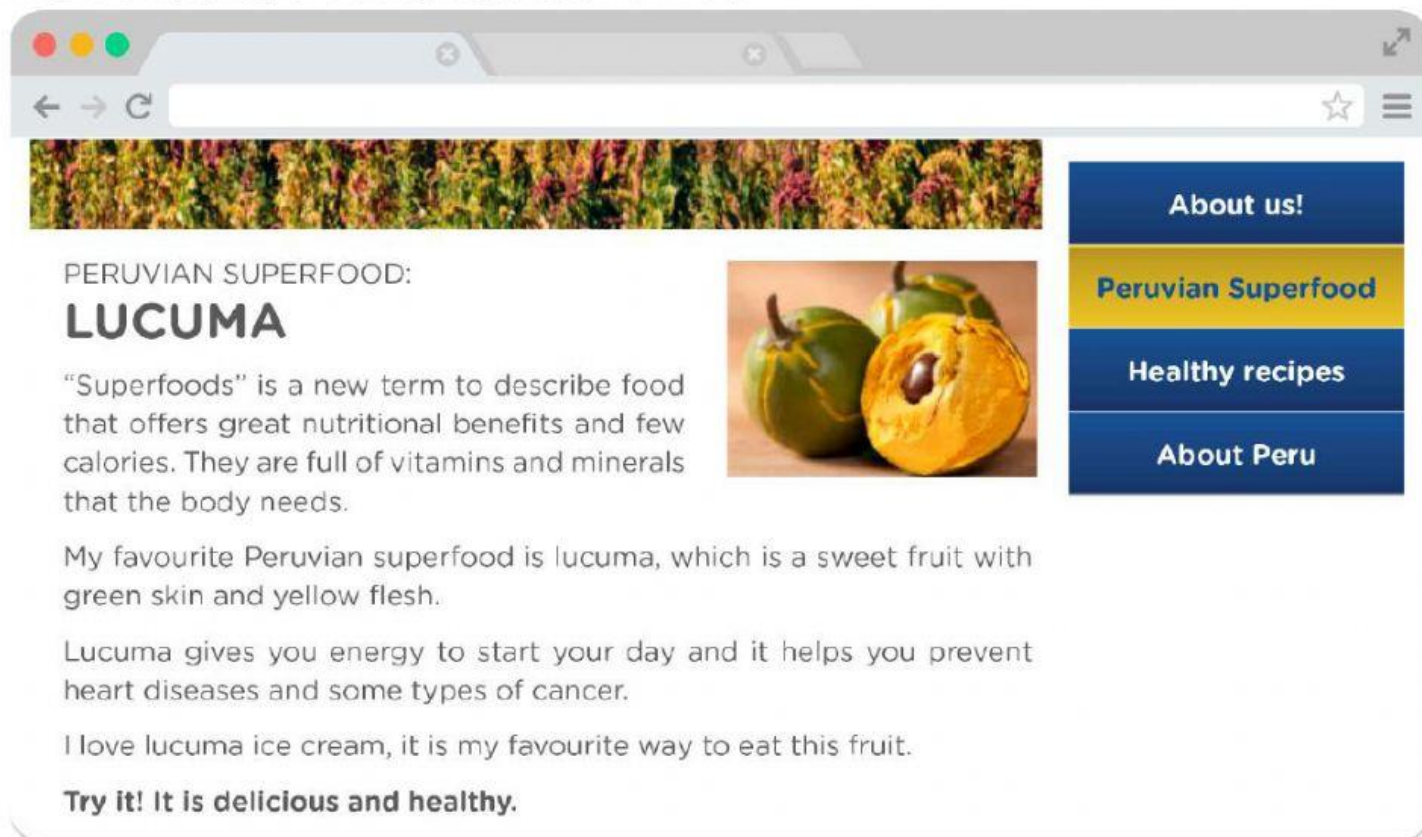
|                  |       |
|------------------|-------|
| British English  | FRIES |
| American English | CHIPS |

## READ

Read the main page of the blog: Superfoods from Peru.

## READ

Read the first entry of the blog: Superfood from Peru.



PERUVIAN SUPERFOOD:  
**LUCUMA**

"Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.

My favourite Peruvian superfood is lucuma, which is a sweet fruit with green skin and yellow flesh.

Lucuma gives you energy to start your day and it helps you prevent heart diseases and some types of cancer.

I love lucuma ice cream, it is my favourite way to eat this fruit.

**Try it! It is delicious and healthy.**

About us!  
Peruvian Superfood  
Healthy recipes  
About Peru

## LET'S UNDERSTAND!

### UNDERSTAND - EXERCISE 1

Choose the correct answer for each question according to the blog entry you just read. Follow the example:

1. Which of the following does NOT describe superfoods?

- a) They offer nutritional benefits.
- ☒ b) They are sweet and tasty.
- c) They are full of vitamins.
- d) They have few calories.

2. Which one is NOT a characteristic of lucuma?

- a) It has green skin.
- b) It is a fruit.
- c) It has white flesh.
- d) It is sweet.

3. Which options is NOT a benefit of eating lucuma?

- a) It makes you taller.
- b) It give you energy.
- c) It helps prevent some types of cancer.
- d) It helps prevent heart diseases.

4. According to the blog entry, what is the author's favourite way to eat lucuma?

- a) As a dessert.
- b) As a cake.
- c) With honey.
- d) As ice cream.

## UNDERSTAND - EXERCISE 2

**Match** the parts of the blog entry with the best subtitle for it. Follow the example:

**1** "Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.

**2** My favourite Peruvian superfood is lucuma, which is a sweet fruit with green skin and yellow flesh.

**3** Lucuma gives you energy to start your day, and it helps you prevent heart diseases and some types of cancer.

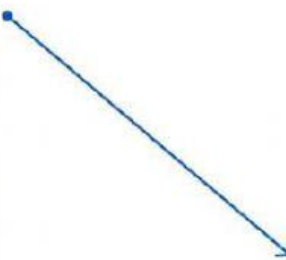
**4** I love lucuma ice cream, it is my favourite way to eat this fruit.

**A** The best way to eat lucuma.

**B** What are superfoods?

**C** My favourite superfood.

**D** The benefits of lucuma.



## PRACTISE - EXERCISE 1

**Complete** the description of the following superfood with the words from the box. Follow the example:

~~and~~ - immune system - and - vitamin c - superfood

### GOLDEN BERRIES

The Golden Berry or aguaymanto is a round  and  (1)  
yellow fruit that is consider a  (2) from Peru.

This berry is beneficial to your  (3) because it is high  
in  (4) and B.

I personally love it because it is very delicious  (5)  
nutritious!



PRACTISE - EXERCISE 2

Match the description with the correct superfood. Follow the example:



TROUT



BLUEBERRIES



SACHA INCHI SEED

A

It is a small **and** round berry that gives you vitamin C, calcium **and** fiber. It is good for heart health **and** your eyes.

B

It is a small **and** brown grain from the Peruvian Amazon. Its oil is cholesterol free. It is good for your intestines **and** it helps you to lose weight.

C

It is a fish from the Andes with soft **and** pink meat, it is high in Omega 3, so it is good for your brain and heart.

LOOK at this example of a blog entry and read the tip to describe food.

**TIP TO DESCRIBE FOOD:**

Use the word "and" between two **adjectives** to describe the same food.

**TITLE OR HEADLINE**

**INTRODUCTION**

**MAIN POINTS (Description and benefits).**

**CONCLUSION OR RECOMMENDATION**

**PICTURE**

PERUVIAN SUPERFOOD: **LUCUMA**

"Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.

My favourite Peruvian superfood is lucuma, which is a **sweet** fruit with **green** skin and **yellow** flesh.

Lucuma gives you energy to start your day and it helps you prevent heart diseases and some types of cancer.

I love lucuma ice cream, it is my favourite way to eat this fruit.

**Try it! It is delicious and healthy.**