English: Level Pre A1

WEEK 6

Healthy food*

Actividad Superfoods (day 2)

LET'S SELF-ASSESS!

¿Qué tanto conoces sobre los alimentos que se producen en el Perú? ¿Puedes comunicar tus ideas y opiniones sobre estos alimentos 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 hacer?	No, necesito ayuda	Un poco, pero necesito ayuda	Sí puedo	Sí puedo y muy bien
1.	¿Puedo identificar información específica sobre los superfoods del Perú al leer en un texto corto y simple en inglés?				
2.	¿Puedo reconocer alimentos considerados superfoods en inglés?				
3.	¿Puedo hacer un post (publicación) en inglés para redes sociales describiendo un superfood de Perú?				
4.	¿Puedo pronunciar correctamente las palabras y dar una entonación adecuada al leer un texto en inglés en voz alta?				

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

OBSERVE - EXERCISE 1

Match the months with their abbreviations. Follow the example:

Months of the Year		Abbreviations			
1 January	7 July		a Jul.		g Nov.
2 February	8 August		b Mar.	1	h Jan.
3 March	9 September		c Dec.		i Aug.
4 April	10 October		d Apr.		j May.
5 May	11 November		e Oct.		k Sep.
6 June	12 December		f Jun.		l Feb.

OBSERVE - EXERCISE 2

Look at the pictures of the superfoods and write the names in the correct group. Follow the example:

Chia

Tuna

Yucca

Avocado

Artichoke

Cat's claw

Super Vegetables	Super Fruits	Super Grains	Super Herbs	Super Roots	Super Fish

READ

Read the posts on social media about "Superfoods from Peru".

POST 1

María Ramos Cuya

María
3h

Peru is recognised as the land of superfoods.
#SuperHealthy#SuperDelicious#SuperRichInNutrientAndEnergy

Artichokes? They are super vegetables. They're green. They are from South America and North Africa. They are in season all year.

My favourite vegetables are artichokes!

Artichokes

Food Group	Super Vegetables
Colour	Green
From	South America and North Africa
In season	All year

541 26 Comments • 27 Shares

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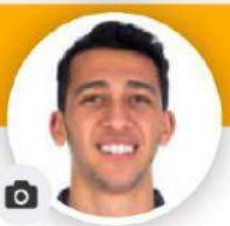
Write a comment...

POST 2

Juan López Olaya



Juan
13 June at 02:25

Peru is recognised as the land of superfoods.
#SuperHealthy#SuperDelicious#SuperRichInNutrientAndEnergy

Soursops? They are super fruits. They're green. They are from the central rainforest. They are in season from April to August.

Soursops are delicious!

Soursops

Food Group	Super Fruits
Colour	Green, white and black
From	Central rainforest
In season	Apr. - Aug.

541 30 Comments • 24 Shares

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Write a comment...

¡NOTEMOS ALGO!

¿Recuerdas en qué casos usar "**IT IS**" o "**THEY ARE**"?

Claro que te acuerdas, usaste "they are" cuando aprendimos sobre los integrantes de familias en inglés. Ahora vamos a explicar cómo se usa cuando nos referimos a los alimentos.

Observa los siguientes ejemplos:

SINGULAR

It **is** from the Peruvian Amazon.

(Soursop)

PLURAL

They **are** from the Peruvian Amazon.

(Soursops)

¿Puedes identificar qué usa el POST de María para hablar de las alcachofas? Escribe la oración donde utilice **THEY**.

¿Qué podemos concluir?

Completa la conclusión con las siguientes palabras:

IS | **ARE** | **SINGULAR** | **PLURAL**

Cuando nos referimos a un solo objeto o alimento, es decir el (1) _____, usamos "IT (2) _____" y cuando nos referimos a más de un objeto o alimento, es decir al (3) _____, usamos "THEY (4) _____".

La semana pasada, al final de la página 8 mencionamos que las palabras chicken, butter, milk, cheese, fish, sugar, meat y lettuce **no tienen plural**. Añade a esta lista los superfoods: ***maca, cañihua, sacha inchi, muña, chia y cat's claw.*** **Y usa siempre "It is..."** para referirte a ellos. Más adelante aprenderás que en inglés algunos alimentos se consideran contables y otros no contables.

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Read the questions and **answer** the questions or choose the best alternative. Follow the examples:

1 **What is Marias's favourite superfood?**

A artichokes B soursops C artichokes and soursops

2 **What colour are the soursops?**

green, black and white

3 **What colour are the artichokes?**

A black B green C white

4 **Which superfood are the artichoke?**

A super fruits B super vegetables C super grains

5 **Which superfood are the soursops?**

A super fruits B super vegetables C super grains

6 **Who likes soursops?**

7 **Who likes artichokes?**

8 **Where are soursops from?**

9 **Where are artichokes from?**

UNDERSTAND - EXERCISE 2

Complete the sentences and colour the months that artichokes and soursops are in season in Peru. Follow the examples:

1 Artichokes are in season all year in Peru

JANUARY	FEBRUARY	MARCH	APRIL
DECEMBER			MAY
NOVEMBER			JUNE
OCTOBER	SEPTEMBER	AUGUST	JULY

2 Soursops are in season from _____ to _____ in Peru.

JANUARY	FEBRUARY	MARCH	APRIL
DECEMBER			MAY
NOVEMBER			JUNE
OCTOBER	SEPTEMBER	AUGUST	JULY

LET'S PRACTISE!

PRACTISE – EXERCISE 1

Read the text and **complete** the chart. Follow the example:

What are *sweet potatoes*?

They are super roots. Sweet potatoes are orange, purple, orange-red or white. They are from the central coast of Peru. Sweet potatoes are in season all year.

SWEET POTATOES	
Food Group	
Colour	
From	
In season	

PRACTISE – EXERCISE 2

Look at the chart and **complete** the text with the correct information. Follow the example:

What are 1 ***sweet peppers*** **?**

They are 2 _____. They are 3 _____. They are from 4 _____. Sweet peppers are in season 5 _____.

SWEET PEPPERS	
Food Group	Super vegetables
Colour	Red, yellow, orange, or green
From	Peru and Bolivia
In season	All year.

PRACTISE - EXERCISE 3

Complete the sentences using "is" or "are". Follow the example:

COUNTABLE NOUNS
"IS or ARE"

Example:

Singular

soursop

It **is** green.
It**'s** green.

Plural

soursops

They **are** green.
They**'re** green.

UNCOUNTABLE NOUNS
"IS"

Example:

Singular

cañihua

Cañihua is from the Peruvian Andes.

It **is** from the Peruvian Andes.
It**'s** from the Peruvian Andes.

Maca, sacha inchi and muña have NO plural. Go back to: **"NOTEMOS ALGO"** and see a list.

1. Olives **are** from the coast of Peru.
2. Maca _____ in season from May to August.
3. Sweet potatoes _____ in season from January to December.
4. Sweet peppers _____ red, yellow, orange and green.
5. Sacha Inchi _____ bright yellow.
6. Yuccas _____ super roots.

EXTRA:

What's your favourite superfood?