



# APRENDO *English*

en casa  
A BALANCED DIET

## Objective:

- Today we'll get and deduce information from the blog entry: "Lucuma: Peruvian superfood".

## Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil

## 1. VOCABULARY: Select the HEALTHY food.



broccoli



soda



fries/chips



hamburger



fish



mashua



nuts



doughnut



cotton candy

There are **UNHEALTHY FOOD**, **HEALTHY FOOD** and **"SUPERFOODS"**.

"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.

For example:

Write the words over the superfood picture: ~~maca~~, avocado, artichoke, golden berry.



maca



2. **COMPLETE:** Read the following descriptions of superfoods and complete them using the words in the boxes.

~~and~~ - immune system - and - vitamin C - superfood

### GOLDEN BERRIES

The Golden Berry or aguaymanto is a round  
\_\_\_\_\_ and \_\_\_\_\_ yellow fruit that is consider a  
\_\_\_\_\_ from Peru. This berry is  
beneficial to your \_\_\_\_\_ because  
it is high in \_\_\_\_\_ and B. I  
personally love it because it is very delicious  
\_\_\_\_\_ nutritious!



fish - brain - Omega 3

### TROUT

It is a \_\_\_\_\_ from the Andes with soft and  
pink meat.

It is high in \_\_\_\_\_, so it is good for  
your \_\_\_\_\_ and heart.



intestines - small - weight

### SACHA INCHI SEED

It is a \_\_\_\_\_ and brown grain from the  
Peruvian Amazon. It is cholesterol free. It is good  
for your \_\_\_\_\_ and it helps you to lose  
\_\_\_\_\_.



**3. V.I.T. (VERY IMPORTANT ACTIVITY):** Read the blog entry and then answer the questions.



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.**



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[Peruvian Superfood](#)  
[Healthy recipes](#)  
[About Peru](#)

**QUESTIONS:**

- Which of the following does NOT describe superfoods?
  - They offer nutritional benefits.
  - They are sweet and tasty.
  - They are full of vitamins.
  - They have few calories.
- Which one is NOT a characteristic of lucuma?
  - It has green skin.
  - It is a fruit.
  - It has white flesh.
  - It is sweet.
- Which options is NOT a benefit of eating lucuma?
  - It makes you taller.
  - It give you energy.
  - It helps prevent some types of cancer.
  - It helps prevent heart diseases.
- According to the blog entry, what is the author's favourite way to eat lucuma?
  - As a dessert.
  - As a cake.
  - With honey.
  - As ice cream.

**WRITE YOUR ANSWERS:**

5. According to the text, what are superfoods?

6. What is your favorite superfood? Describe it.

7. What are the benefits your favorite superfood?

8. What is the best way to eat your favorite superfood?

## SELF-ASSESS

Es importante que te autoevalúes.

Completa el cuadro debajo de manera honesta. Si ves que no cumples algún criterio, tómate un respiro, y revisa las respuestas de la lectura. Marca X según corresponda.

| READING: "Lucuma: Peruvian superfood" |                                                                                                         | YES | NO |
|---------------------------------------|---------------------------------------------------------------------------------------------------------|-----|----|
| 1                                     | Identificaste correctamente la información del texto.                                                   |     |    |
| 2                                     | Distinguiste detalles en el texto usando un diccionario.                                                |     |    |
| 3                                     | Dedujiste relaciones en el texto y escribiste sobre tu "superalimento" usando el ejemplo de la lectura. |     |    |
| 4                                     | Señalaste características de la lúcuma al responder las preguntas.                                      |     |    |
| 5                                     | Señalaste el significado de "superfoods" en inglés.                                                     |     |    |

No olvides hacer click en ¡TERMINADO! o FINISH!! y completar tus datos y el correo de la docente:

What do you want to do?

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