



MEC

Ministerio  
de Educación

**APRENDO**  
EN CASA

Educación Primaria

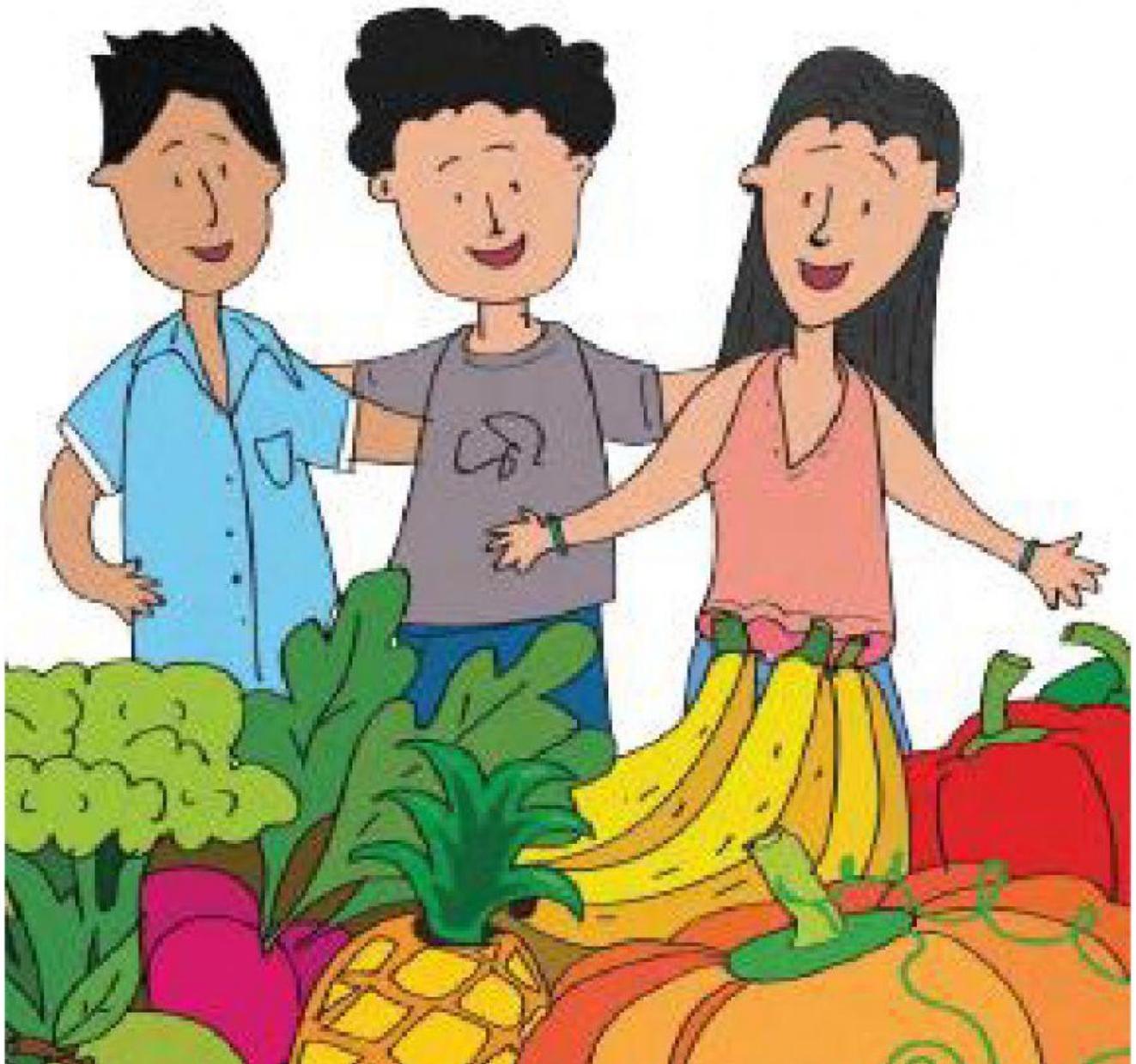
English: Level Pre-A1

WEEK 4

## My foods and drinks\*

Actividad 1

"My superfoods"



**LET'S SELF-ASSESS!**

¿Puedes realizar una presentación oral en inglés, mencionando los superalimentos que te gustan y consumes regularmente? Aquí no hay respuestas correctas o incorrectas, lo importante es responder con honestidad. No es necesario que imprimas esta actividad, puedes señalar tus respuestas con tu dedo, según corresponda.



	Criterios	No	Si
1.	Leo y comprendo un texto breve en inglés donde dos personas mencionan los superalimentos que les gustan y consumen regularmente.		
2.	Relaciono las palabras en inglés con las imágenes de los superalimentos que las representan.		
3.	Realizo una presentación oral en inglés, mencionando los superalimentos que consumo regularmente.		

**KEY WORDS**



people



market



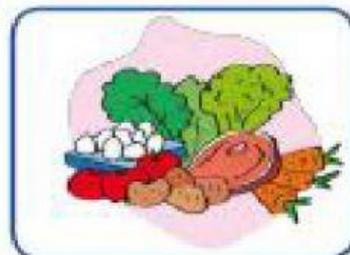
grow



mom



buy



food

## LET'S WARM UP!

Match the words with the pictures. Write your answers in your notebook. Follow the example.



Example:

potatoes

1 granadilla

2 maca

3 sweet potato

4 quinoa

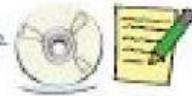
5 purple corn



**LET'S OBSERVE AND READ!**

Look and complete. Write your answers in your notebook. Follow the example.

Listen and repeat.



**Superfoods**

- |            |                     |            |               |
|------------|---------------------|------------|---------------|
| 1 potatoes | 4 soursop (Example) | 7 quinoa   | 10 granadilla |
| 2 maca     | 8 spinach           | 8 broccoli | 11 papaya     |
| 3 avocado  | 9 sweet potato      | 9 olives   | 12 tangerine  |



soursop

(Example)



1. b \_ \_ \_ \_ \_



2. a \_ \_ \_ \_



3. s \_ \_ \_ p \_ \_ \_ \_



4. q \_ \_ \_ \_ \_



5. p \_ \_ \_ \_ \_



6. t \_ \_ \_ \_ \_



7. g \_ \_ \_ \_ \_



8. m \_ \_ \_ \_



9. s \_ \_ \_ \_ \_ \_ \_ \_



10. p \_ \_ \_ \_ \_

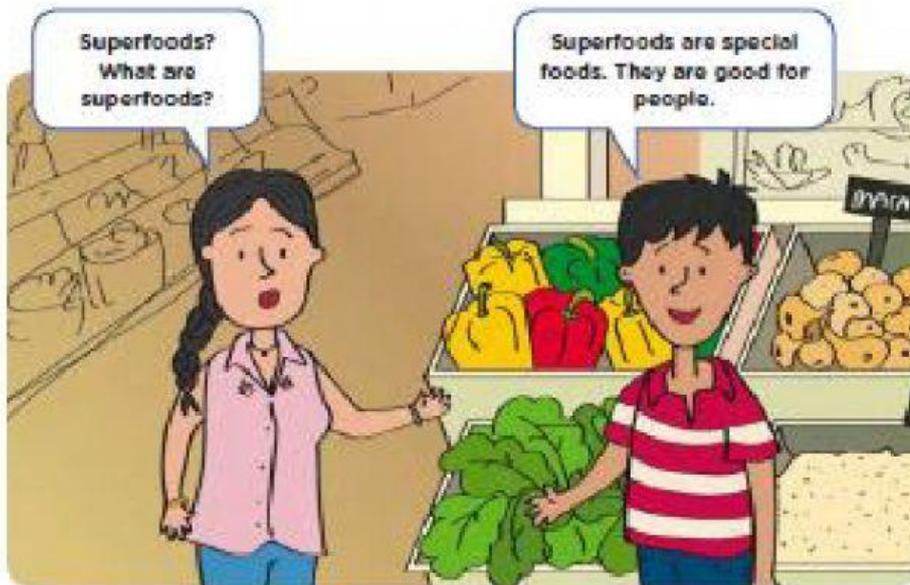


11. a \_ \_ \_ \_ \_

Listen and read the conversation.



1 Alex and Sara are talking on the phone.



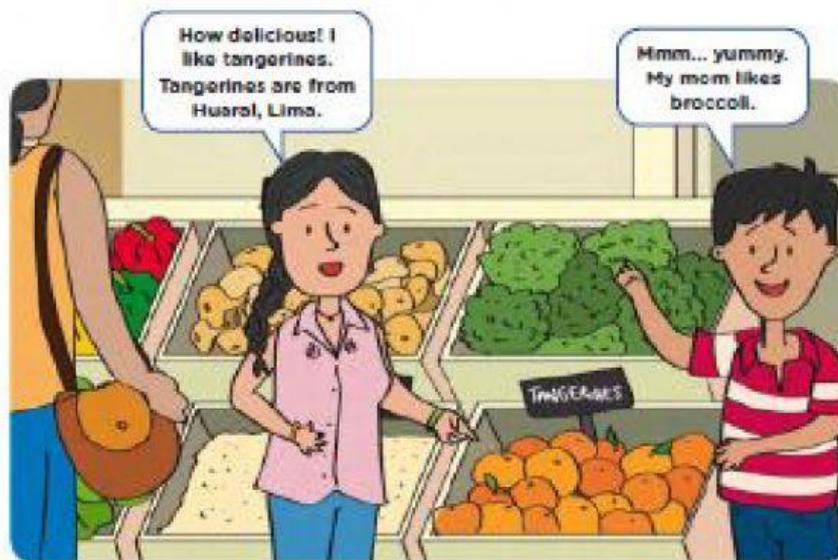
2 Superfoods are good for people.



Yes, I like superfoods. I like maca. Maca is from The Peruvian Andean region.

Maca is delicious. I like quinoa. Quinoa is from Apurimac.

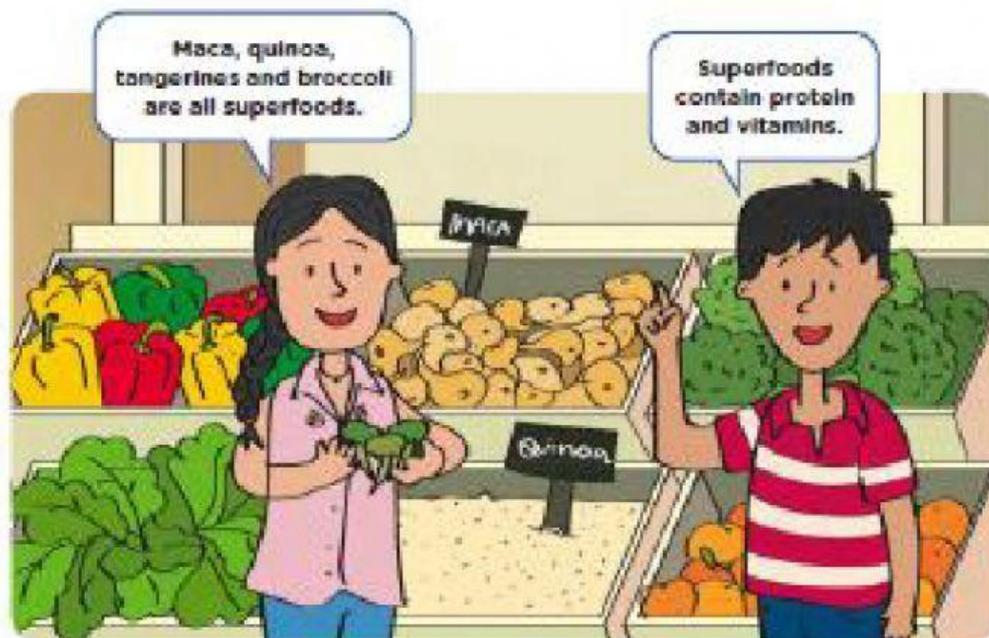
3 Sara likes maca and Alex likes quinoa.



How delicious! I like tangerines. Tangerines are from Huaral, Lima.

Mmm... yummy. My mom likes broccoli.

4 Sara likes tangerines. Alex's mom likes broccoli.



5 Superfoods contain protein and vitamins.



6 Sara and Alex like superfoods. Superfoods grow in Peru.

## LET'S UNDERSTAND!

**Exercise 1:** Look at the pictures. Read the sentences. Circle Yes or No. Write your answers in your notebook. Follow the example.



Example:

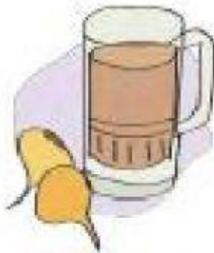
Hamburgers and soda are superfoods.

Yes -  No



1 Superfoods are good for people.

Yes -  No



2 Maca contains protein and vitamins.

Yes -  No



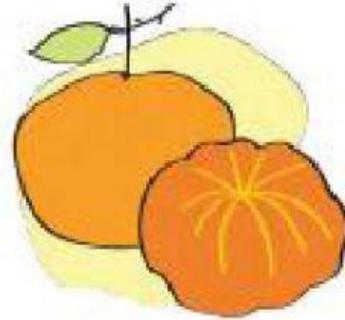
3 Quinoa is from Lima.

Yes -  No

Exercise 2: Complete the sentences with the words from the box. Follow the example. Write your answers in your notebook.



quinoa



tangerines



maca



broccoli

(Example)

Example:

Alex's mom likes broccoli.

1. Alex likes \_\_\_\_\_.

2. Sara likes \_\_\_\_\_.

3. \_\_\_\_\_ are from Huaral, Lima.