

GUÍA DE APRENDIZAJE -2021 cuaderno interactivo (Etapa de investigación Tema 2)

ACTIVITY #1

READ: Hay 3 deliciosas recetas de 3 países diferentes, al igual que sus ingredientes y forma de cocción. Mire los dibujos relacionados con las comidas de Australia, Japón y Colombia y relacione las imágenes con los nombres dados en el banco de palabras. Arrastra las palabras del cuadro azul en la imagen correcta.

In Context » Nutrition and Health

1. **Read »** Look at the pictures relating to dishes from Australia, Japan and Colombia. Label the ingredients with the words in the Word Bank.



Word Bank
onions
minced beef
flour
potatoes
oil
salt
ketchup
pork
onions

ACTIVITY: # 2

WRITE: Responda las preguntas para cada una de las recetas, relacionadas con las comidas del numeral anterior. Usa el ejemplo para guiarte y escribir tu propio párrafo en el cuadro azul.

Write »

Answer questions about the three dishes in exercise 1.

- What are the ingredients of the dish?
- What is it filled with?
- What is the cooking method?

The ingredients of nikuman are ...
It is filled with ...
The cooking method is ...

Nikuman
Meat pie
Empanada

GUÍA DE APRENDIZAJE -2021 cuaderno interactivo (Etapa de investigación Tema 2)

ACTIVITY #3

READ: Lee los consejos nutricionales. Completa el texto con los nombres dados en el banco de palabras. Arrastra las palabras a cada cuadro.

 **Read »** Read this nutrition advice. Complete the text with words from the Word Bank.

Word Bank		
bread, cereals and potatoes	meat and eggs	<i>fats and sugary food</i>
fruit and vegetables	dairy products	

THE FIVE FOOD GROUPS



Make sure to include carbohydrates like ¹____ because this food group provides energy for our bodies.

You can get protein from ²____.

Limit your consumption of ³*fats and sugary food*.

Don't forget to drink lots of water.

Eat plenty of ⁴____. They provide vitamins and minerals. **Try** to eat a variety of both.

Include ⁵____. They give your body protein, vitamins and minerals. **Choose** low-fat cheese and milk.

ACTIVITY # 4

READ: Student Nutrition Survey Lee las frases (a,b,c) y relaciónelas con las preguntas de la encuesta.



ARTICLACIÓN DE ÁREAS. Sistemas de información en salud TECNOLOGÍA



Read »

Read the guidelines for good nutrition. Match them with the questions in the survey.

Guideline 1: Drink plenty of water

Guideline 3: Measure your portions

Guideline 2: Choose fresh, natural food

Guideline 4: Don't skip breakfast

STUDENT NUTRITION SURVEY

1. How often do you eat breakfast?
 - a. I always eat breakfast.
 - b. I sometimes skip breakfast and I feel very hungry during the morning.
 - c. I never eat breakfast because I never feel hungry very early in the morning.
2. How much do you eat?
 - a. I eat regular portions. If I feel full, I stop eating.
 - b. I eat a lot. I am never full.
 - c. It depends. I eat small portions but I'm always eating.
3. How many glasses of water do you drink a day?
 - a. I drink 3-4 glasses.
 - b. I drink 1 or 2 glasses.
 - c. I never drink water.
4. What kind of food do you prefer?
 - a. I like fresh food like fruit and vegetables.
 - b. I like snacks like biscuits and potato crisps.
 - c. I like fast food like hot dogs and pizza at weekends.

ACTIVITY # 5

LISTEN: Responde las preguntas sobre nutrición. Escucha el audio y confirma tus respuestas.

34

4.



Listen »

Answer the questions about nutrition. Then, listen and check.

How much do you know about nutrients?
Choose the best answer!

- | | |
|--|---|
| 1. Which food is highest in vitamin C?
a. apples
b. mangoes
c. oranges
d. broccoli | 4. Which mineral is essential for healthy bones?
a. calcium
b. potassium
c. iron |
| 2. Which food is a good source of iron?
a. fish
b. milk
c. bread
d. carrots | 5. What is a good source of vitamin D?
a. sunlight
b. eggs
c. onions
d. chicken |
| 3. Which meal is most important?
a. lunch
b. dinner
c. breakfast | |