



Miss  
Diana TT

NAME:

GRADE/COURSE: 6th

PROJECT:

WEEK:

DATE:

TEACHER:

## Eating Healthy



Eating healthy food and drinking water can help you fight covid-19 and other diseases

### BESORE START:

- Read about an Ecuadorian dessert.



Do you know how to make chucula? It's a delicious dessert from the Ecuadorian coast. To prepare chucula you do not need ingredients: just two maduro plantains, a small bottle of water, two cups of milk, two tablespoons of sugar, a piece of fresh cheese, and a cinnamon stick. First, cook the maduro plantains in water with the cinnamon stick. Don't add sugar because the plantains have natural sugar. Then, mix the cooked plantains with two cups of milk in the blender; don't forget to take out the cinnamon stick. Finally, serve this delicious drink in cups.



- Listen to someone explain the ingredients to make chucula. Complete the missing words. Then, match the pictures (1-5) with the phrases.

1. A small \_\_\_\_\_ of water.
2. Two \_\_\_\_\_ of milk.
3. Two \_\_\_\_\_ of sugar.
4. A \_\_\_\_\_ of cheese.
5. A \_\_\_\_\_ Cinnamon.



## ESCUELA DE EDUCACIÓN BÁSICA "PROVINCIA DE IMBABURA"



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1. Circle the correct answer from the reading:

✳ Where is chucula desert from?

- a. Amazon region
- b. Peru
- c. Coast region
- d. Galapagos Island

✳ The ingredients of the Ecuadorian desert are:

- a. Butter
- b. Cinnamon
- c. Orange juice
- d. Sugar

2. Answer the following question:

- a. In your opinion. Which is more nutritional Chucula desert or pizza?

*In my opinion,* \_\_\_\_\_

\_\_\_\_\_



**ESCUELA DE EDUCACIÓN BÁSICA  
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