



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 desert.



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.



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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, _____



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"PROVINCIA DE IMBABURA"



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