

## UNIT 3 “What we eat? “

### LESSON 3

**OBJETIVO OA5:** Repasar contenido de la unidad **What we eat?**, utilizando vocabulario para desarrollar comprensión lectora sobre comidas del mundo y compleción de oraciones escritas en relación del contexto del estudiante.

#### SECTION 1: SETTING THE CONTEXT

##### “The foods I eat”

###### I. Observe the images and write the foods that you eat for each meal of the day.

- Observa las imágenes y escribe los alimentos que comes para cada comida del día.



Breakfast	Lunch	Dinner
		

**2. Choose the adjective from the box that best fits the sentence.**

- Elige el adjetivo del recuadro que mejor se ajuste a la oración.

**Spicy- good – bad – delicious – sweet – salty - fresh**

1. Drinking too much soda is \_\_\_\_\_ for you.
2. Breakfast is \_\_\_\_\_.
3. Pancakes are \_\_\_\_\_.
4. Candy is \_\_\_\_\_.
5. \_\_\_\_\_ vegetables are the best.
6. Potato chips are \_\_\_\_\_.
7. Mexican Tacos are \_\_\_\_\_.

**SECTION 2: LET'S PRACTICE**

**"Meals of the world"**

**I. Read the following texts, in which children share information about the food in their cultures.**

- Lee los siguientes textos, en los cuales niños comparten información sobre la comida en sus culturas.

## “Meals of the world”



Thomas

A typical English breakfast consists of eggs, bacon, sausages, fried bread and baked beans, with a cup of coffee. Children normally eat a bowl of cereals, toasts and orange juice. Breakfast is served between 7:00-9:00 am.

Many people eat a “packed lunch” at work or school between 12:00-1:30pm. This typically consists of a sandwich, a bag of chips, a piece of fruit and a cold drink. My favorite sandwich is tuna and mayonnaise. The evening meal takes place between 6:00 – 8:30pm. A typical British dinner is roast meat and two vegetables like potatoes, carrots, peas and sometimes a *Yorkshire Pudding*. For dessert, we have a *Fruitcake* or *Toffee pudding*.



Cora

For breakfast, we normally have bread, pastries, traditional yoghurt, milk or orange juice. We get hungry between 10:00 – 11:00 am.

Flavors of Greek food change according to the season and geography. I am from Athens and my typical lunch is fresh fish, courgette balls and feta cheese cubes. Also, we love desserts like *Honey & Baklava* and *Amygdalota*, a sweet almond cookie with a cup of Greek coffee called *Ellinikos*. Lunch is between 1:30 – 3:00 pm

Dinner time in Greece is usually late, after 9:00 pm. We enjoy eating *Gyros* for dinner. They are normally made with pork or chicken, pita bread, vegetables and yoghurt sauce. After dinner we go for a walk with family or friends.



Joao

Brazilians love fresh food like fruits and vegetables. We start the day between 6:30 – 8:00 am with coffee and smoothies, especially papaya. Bread is also important, and we normally have *Pão de Queijo*, a small baked cheese bread.

I live in Recife, and lunch is between 12:00 – 2:00 pm. People usually eat beans, rice, meat or fish, and a selection of salad and vegetables. Lunch is followed by a simple dessert, like *pudim* or *flan*, and a sweet espresso coffee.

A typical dinner here is *Feijoada*, a pork stew and black beans. Dinner is usually between 7:00 – 8:00 pm. For dessert, we love *Brigadeiro* ice creams. In my country, dinner at home with the family is very important.

Sources: <http://projectbritain.com/food/meals.htm>

<https://www.bbcgoodfood.com/howto/guide/top-10-dishes-try-greece>

<https://www.bbcgoodfood.com/howto/guide/top-10-foods-try-brazil>

**3. According to the text, write the correct time for meals in each country. Follow the example.**

- De acuerdo al texto, escribe la hora correcta para las comidas en cada país. Sigue el ejemplo.

Meal	Britain 	Greece 	Brazil 
Breakfast	7:00 - 9:00 am		
Lunch			
Dinner			

**5. Complete the following menus with the meals of the day for Thomas, Cora and João.**

- Completa los siguientes menús con las comidas del día para Thomas, Cora y João.

Thomas	Cora	João
<b>Breakfast</b> _____	<b>Breakfast</b> _____	<b>Breakfast</b> _____
<b>Lunch</b> _____	<b>Lunch</b> _____	<b>Lunch</b> _____
<b>Dinner</b> _____	<b>Dinner</b> _____	<b>Dinner</b> _____