APRENDO en casa

LEVEL A2 | LE8 Week 01

LET'S CHANGE OUR LIFESTYLE!

COMPETENCIA: Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

PROPÓSITO: Comprender información específica de textos en inglés identificando el vocabulario, a fin de elaborar, en este idioma, una receta de un plato peruano saludable y describir paso a paso su preparación empleando conectores de secuencia.

CHALLENGE: Elaborar una receta de un plato peruano saludable utilizando el léxico pertinente, los conectores de secuencia y las estructuras adecuados en inglés.
Desarrolla las actividades 1 y 2, te ayudarán a enfrentar tu reto.

Mrs. J.C.

STUDENT'S NAME: _____ CLASS: _____

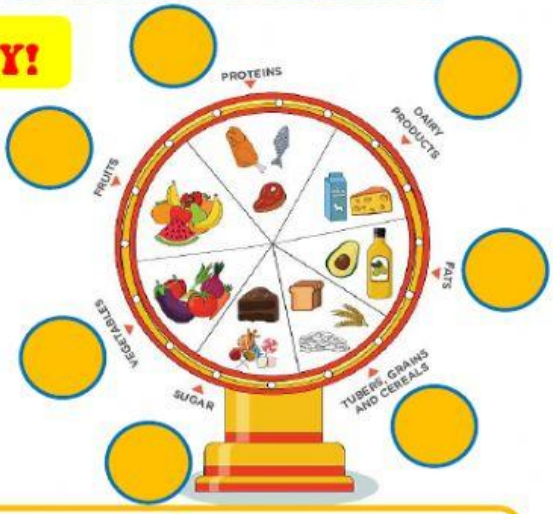
TEACHER'S NAME: _____ DATE: _____

Activity 1: EATING HEALTHY!

LET'S OBSERVE!

1. **Match** the food group with the correct picture.





LOLLIPOPS	CORN AND POTATOES	CHICKEN AND EGGS
OLIVE OIL	TOMATOES AND CARROTS	PEAR AND APPLES
	BUTTER AND YOGURT	

LET'S LISTEN AND READ!

2. **Listen to** and **read**.



https://youtu.be/sD6JU7r5YyE

You are what you eat

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Over this past year, eating healthy is more important than ever. The food we eat affects how we feel and the way our body functions. Moreover, healthy foods help our immune system function effectively.

It is important to eat a variety of food groups because they provide the body with important nutrients. Fruits and vegetables offer a lot of vitamins, minerals and fiber. Grains, nuts, and healthy fats, like olive oil, can support our immune system and reduce inflammation. Beans and peas can reduce the risk of diseases like diabetes.

Obesity and overweight have been increasing in the past years. In addition to making healthy food choices, it is also important to exercise. Exercise is good for both our physical and mental health.

We are responsible for protecting ourselves. Eat healthy, exercise, and live better.

Adaptado de FAO. (2021). Eating healthy before, during and after COVID-19. Recuperado de http://www.fao.org/fao-stories/article/en/c/1392499/

LIVEWORKSHEETS



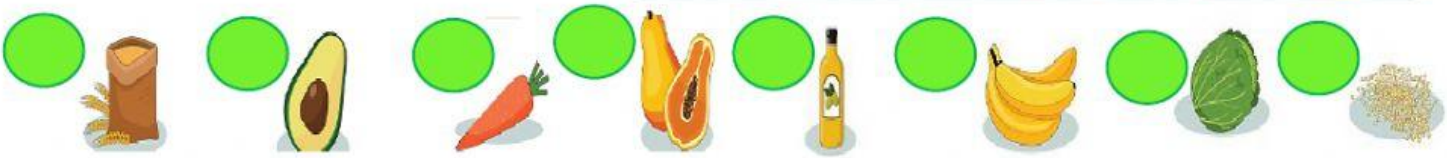
LET'S UNDERSTAND!

EXERCISE 1

3. Complete the chart.

A	OLIVE OIL
B	WHEAT FLOUR
C	AVOCADO
D	QUINOA
E	PAPAYA
F	BANANAS
G	LETTUCE
H	CARROT

	VITAMINS - MINERALS - FIBER		REDUCE INFLAMMATION	
FRUIT				
GRAINS				
VEGETABLES				
FATS				



EXERCISE 2

4. Read the table and complete the sentences with "a", "an" or "some".

COUNTABLE NOUNS		UNCOUNTABLE NOUNS
Singular	Plural	
a carrot	some carrots	quinoa
quinoa	quinoa	some quinoa



COUNTABLE NOUNS: possible to count

Singular: ONE

a(n) + singular countable noun

Plural: TWO or MORE

some + plural countable nouns





UNCOUNTABLE NOUNS:

Impossible to count

some + uncountable nouns

Example:

I buy an orange and some milk for my breakfast. I need some eggs for lunch.

1. We have _____ lemons, _____ carrot, and _____rice on the table.

2. I want _____cheese and _____fish, mum.

3. I'm hungry. I want to eat _____ bread and drink _____glass of juice.

4. I have to buy _____apple, _____wheat flour, and _____quinoa for lunch.

WHAT ABOUT YOU?

What do you want to eat for breakfast?

_____

_____

_____

LET'S SELF ASSESS!

¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas relacionadas a estos estándares. ¿Los puedes hacer?



Mrs. J.C.

	What to Do?	SI	NO
1	¿Puedo reconocer el vocabulario relacionado con alimentos?		
2	¿Puedo comprender información específica al leer un artículo simple en inglés?		
3	¿Puedo diferenciar los sustantivos contables y no contables relacionados con alimentos?		

LIVEWORKSHEETS