

Student's name: _____

Class _____

LEARNING ACTIVITY N° 01: EATING HEALTHY

COMPETENCY	PROPÓSITO	CRITERIO DE EVALUACIÓN	EVIDENCIA
Read different kind of texts in English as a foreign language.	Identificar información específica sobre alimentación saludable en textos con vocabulario y las estructuras adecuadas de: SOME, A o AN.	Obtiene información relevante de textos donde se describe cómo elaborar una receta de un plato de la comunidad o región, utilizando el vocabulario y adecuados en inglés. Obtiene información de textos donde se describe cómo elaborar la receta de un plato de la comunidad o región, utilizando el vocabulario y las estructuras adecuadas en inglés. Interpreta información de textos donde se describe cómo elaborar la receta de un plato de la comunidad o región, utilizando el vocabulario y las estructuras adecuadas en inglés.	Actividades propuestas de alimentación saludable en textos con vocabulario, SOME, A o AN y las estructuras adecuadas de: SOME, A o AN.

MATCHING

MATCH THE PICTURE WITH THE WORD.

ORANGE

CEREAL	BEANS	ASPARAGUS	PROTEINS
PINEAPPLE	CABBAGE	SUGAR	FAT
SPINACH	MUSHROOMS	APPLE	CARBOHYDRATE



ORANGE



LET'S OBSERVE!

Match the food group with the correct picture.



A OLIVE OIL

C BUTTER AND YOGURT

E PEARS AND APPLES

G CORN AND POTATOES

B TOMATOES AND CARROTS

D CHICKEN AND EGGS

F LOLLIPOPS

LET'S LISTEN AND READ!

Listen to and read

YOU ARE WHAT YOU EAT

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.

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Complete the chart.

	VITAMINS - MINERALS - FIBER	REDUCE INFLAMMATION
FRUIT		
GRAINS		
VEGETABLES		
FATS		Olive oil



LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 2

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	quinoa

COUNTABLE POSSIBLE TO COUNT
Singular: ONE
a(an) + singular countable noun
Plural: TWO or MORE
some + plural countable nouns.

LOOK

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.

- We have _____ lemons, _____ carrot, and _____ rice on the table.
- I want _____ cheese and _____ fish, mum.
- I'm hungry. I want to eat _____ bread and drink _____ glass of juice.
- I have to buy _____ apple, _____ wheat flour, and _____ quinoa for lunch.
- There is _____ water in the glass.
- _____ apple a day is good for health.
- There are _____ carrots, but there aren't _____ ANY _____ cucumbers in the basket.
- There is _____ bread on the kitchen table. You can eat it.

WHAT ABOUT YOU?

WHAT DO YOU WANT TO EAT FOR BREAKFAST?

¿SIGUE REVISANDO LO QUE PUEDES HACER CON EL INGLÉS SEGÚN ESTÁNDARES INTERNACIONALES? AQUÍ ALGUNAS PREGUNTAS RELACIONADAS A ESTOS ESTÁNDARES. ¿SOBRE LO QUE PUEDES HACER EN INGLÉS?

- ¿Puedo reconocer el vocabulario relacionado con alimentos? SÍ - NO
- ¿Puedo comprender información específica al leer un artículo simple en inglés? SÍ - NO
- ¿Puedo diferenciar los sustantivos contables y no contables relacionados con alimentos? SÍ - NO