I.E 41008 Manuel Muñoz Nájar
Teacher Joyce Salas Galdos.

LEARNING EXPERIENCE 8: LET'S CHANGE OUR LIFESTYLE!

ENGLISH LEVEL A1 : EATING HEALTHY

COMPETENCIA	CAPACIDAD	CRITERIOS DE EVALUACION
Lee diversos tipos de textos escritos en inglés como lengua extranjera	• Obtiene información del texto escrito. • Infiere e interpreta información del texto escrito.	Obtiene información relevante de textos donde se describe cómo elaborar una receta de un plato peruano utilizando el vocabulario y las estructuras adecuados en inglés. Infiere e interpreta información de textos donde se describe cómo elaborar la receta de un plato peruano utilizando el vocabulario y las estructuras adecuados en inglés.

LEARNING GOAL: Comprender información específica de textos en inglés sobre la importancia de tener una alimentación saludable, a fin de elaborar, en este idioma, la receta de un plato peruano utilizando el vocabulario y las estructuras adecuados.

FULL NAME: ..... GRADE: ..... SECTION: .....

ACTIVITY 1: EATING Healthy

LET'S OBSERVE!

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Match the food group with the correct picture.

LET'S LISTEN AND READ!

Listen and **read**.

You are what you eat

APRENDO en casa

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.

LIVEWORKSHEETS

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Complete the chart.

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

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	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 **some** 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 CAN IDO?

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

Material adaptado por la docente de inglés de la I.E. 41008 Manuel Muñoz Nájar, Ugel Norte - Arequipa tomado de https://aprendoencasa. El 18 de octubre 20021

LIVEWORKSHEETS