

STUDENT'S FULL NAME:

LEARNING EXPERIENCE 8

English: Level A2

Activity 1: Let's Change Our Lifestyle

PURPOSE: Elaborar una infografía sobre los tipos de alimentos saludables para adolescentes en tiempos de pandemia.

COMPETENCIA	CAPACIDAD	DESEMPEÑO
Se comunica oralmente en Inglés como lengua extranjera	-Obtiene información del texto oral o audio en Inglés sobre alimentos saludables para conservar su salud en tiempos de pandemia.	-Identifican los tipos de alimentos saludables y sus propiedades nutricionales para adolescentes en tiempos de pandemia.

LET'S SELF-ASSESS!

Expresa lo que hasta ahora puedes hacer en inglés marcando con un aspa "X" donde creas conveniente. Aquí no hay respuestas correctas. Responde con honestidad.

Al elaborar una receta saludable de un plato peruano en inglés:		No	Sí, pero necesito ayuda	Sí	Sí y muy bien
1	¿Adecúo el texto para describir cómo se prepara un plato saludable que los adolescentes podrían realizar en casa?				
2	¿Organizo mis ideas en una lista para elaborar una receta saludable con coherencia y cohesión (conectores de secuencia, uso de la coma y el "and")?				
3	¿Utilizo la estructura imperativa, vocabulario sobre alimentos, verbos para cocinar ("squeeze", "add", "cut", "heat", "put", "chop", "serve..."), la frase fija "boil for" y el pronombre indefinido "some" y los artículos "a- an"?				
4	¿Reflexiono y evalúo la secuencia, la estructura gramatical, la ortografía y el impacto de mi texto escrito?				

* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

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PRIOR KNOWLEDGE!

What kinds of healthy food can you recommend to teens. Watch the video of the activity 1.



THE CHALLENGE

La página web Healthy Eating Research promueve el consumo de alimentos saludables para adolescentes en tiempos de pandemia mediante recetas saludables de diferentes países.

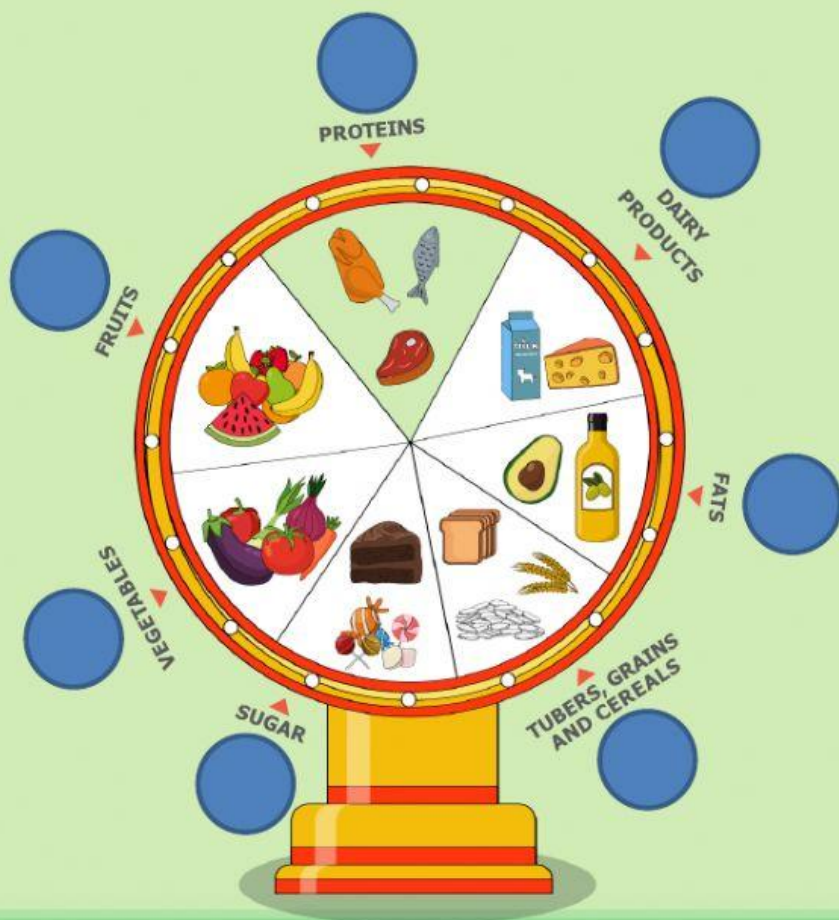
Tu reto: elabora una receta saludable de un plato peruano, para promover el cuidado de nuestra salud y una mejor condición física, que podría ser publicada en Healthy Eating Research.

Desarrolla las actividades 1, 2 y 3. Te ayudarán a enfrentar tu reto.



Activity 1: Eating healthy LET'S OBSERVE!

Match the food group with the correct picture writing the letters in the circles.



A		B	
	OLIVE OIL		TOMATOES AND CARROTS
C		D	
	BUTTER AND YOGURT		CHICKEN AND EGGS
E		F	
	PEAR AND APPLES		LOLLIPOPS
G			
	CORN AND POTATOES		

LET'S LISTEN AND READ!

Listen and **read**.

○ ○ ○

You are what you eat



Over this past years, 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/>

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Complete the chart.

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



OLIVE OIL



BANANAS



LETTUCE



QUINOA



WHEAT FLOUR



AVOCADO



CARROT



PAPAYA



UNDERSTAND-EXERCISE 2

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

COUNTABLE NOUNS		UNCOUNTABLE NOUNS (only singular)
SINGULAR	PLURAL	
A carrot.	some carrots	A kilo of quinoa
An avocado	Some avocados	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.

UNDERSTAND-EXERCISE 3

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

1. Do you want _____ sugar for your coffee?
2. I want _____ steak, please.
3. I am buying _____ banana, please.
4. I need _____ information for my homework.

UNDERSTAND-EXERCISE 4

Read the table and complete the sentences using "Few" or "many".

COUNTABLE NOUNS	
Few	Many
3 apples.	Twenty apples

Countable nouns: possible to count
Few: TWO or MORE BUT NOT SO MANY
Few + plural countable nouns

1. There are 15 apples. There are _____ apples.
2. There are 3 watermelons. There are _____ watermelons.
3. There are 2 steaks. There are _____ steaks.
4. There are 20 papayas. There are _____ papayas.

UNDERSTAND-EXERCISE 4

Match the words to the meanings.

- | | |
|---------|-----------------------|
| 1. Few | a. Un, una. |
| 2. Many | b. Algo, algunos (as) |
| 3. Some | c. Pocos (as) |
| 4. A/An | d. Muchos (as) |

UNDERSTAND-EXERCISE 5

Drag the words in the correct order to form a correct sentence.



a few

There are

bananas

- This is the end
of Activity 1.
Bye-bye!**

Continue with Activity 2.

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