English: Level A2



LEARNING EXPERIENCE 08

Let's Change Our Lifestyle

ACTIVITY 02: Peruvian Superfoods

Competencia:

Se comunica oralmente en inglés como lengua extranjera.



Propósito:

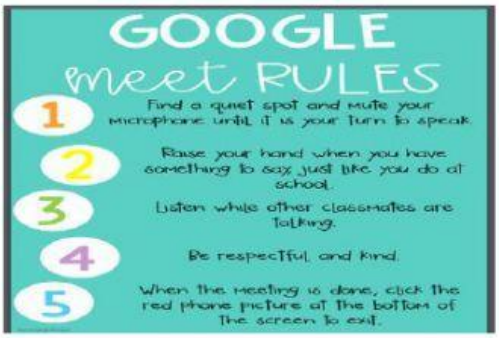
Escucha entrevista sobre un ingeniero agroindustrial quien creo Nutri-H, galletas anti anemia y realiza actividades de comprensión.

Capacidades:

Obtiene, infiere, adecua, organiza y desarrolla ideas de forma coherente y cohesionada.

Actividades:

Ordena letras para formar supercomidas, observan video sobre super comidas peruanas, escucha y analiza entrevista sobre ingeniero agroindustrial con su producto Nutri-H galletas antianemia y realiza actividad de comprensión TRUE - FALSE. Completa oraciones haciendo uso de SOME, AN, A. Selecciona comida saludable y no saludable colocando visto o una cruz. Realiza actividad de vocabulario escribiendo número en la palabra correcta. Encuentra palabras en pupiletras sobre SUPERFOODS. Realiza reflexión sobre progreso.





Compiled by Lic. Duverly Paulo Vilca Charaja

Taken from Aprendo en Casa Platform

LIVEWORKSHEETS

Activity 2: Peruvian superfoods

LEAD IN

Unscramble the words.







some quinoa



a _____



some_____flour



some_____



an_____



a_____

➢ *NOW LET'S WATCH A VIDEO ABOUT PERUVIAN SUPERFOODS*



LIVEWORKSHEETS

LET'S PRACTISE!

LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

Listen to Julio Garay's interview and write T (true) or F (false).



Julio Garay is a Peruvian agro-industrial engineer who created **Nutri H, anti-anemia-cookies.**

Example:

Julio is an international winner. T

1. Peruvian people didn't support Julio's idea on the web. ☐
2. Nutri H are cookies made of superfoods. ☐
3. Nutri H fights anemia. ☐
4. Quinoa, wheat flour, chocolate and sugar are some ingredients for the cookies. ☐
5. Blood is the most important ingredient for the cookies. ☐
6. Julio didn't suffer anemia. ☐
7. Julio thinks healthy eating is important. ☐

PRACTISE-EXERCISE 2

Complete with "some", "a" or "an".

At home, we usually eat healthy food to prevent diseases.
I'm in charge of buying groceries, for this reason I looked for some information about healthy food.
Last time I went to the market, I bought (1) _____ carrots, tomatoes, onions and (2)_____ head of lettuce. About fruit I got (3)_____bananas, oranges and apples. I usually eat (4)_____ apple every morning.
Tubers and grains are also important, so I bought (5)_____ kilo of potatoes, sweet potatoes and (6)_____ quinoa and wheat flour.



LIVEWORKSHEETS

PRACTISE-EXERCISE 3

Look at the pictures and tick " ✓ " healthy products or cross " ✗ " unhealthy products.





FEAST'S TIPS FOR HEALTHY GROCERY SHOPPING

READ INGREDIENT LABELS

Try to find products with 5 ingredients or less. Always look for ingredients you can pronounce.

BUY SEASONALLY

One of the best reasons for purchasing seasonal produce is because it costs less and tastes better!

CREATE A GROCERY LIST

Creating an organized grocery list will minimize time spent in the store. Organize by categories (grains, proteins, etc).

LOOK FOR ADDED SUGARS

Sugars can be hidden in beverages, cereals and even dairy products. When possible buy plain flavors or look for the items with the lowest grams of sugar.

LIVEWORKSHEETS

➢ VOCABULARY 01: WRITE DOWN THE NUMBER IN THE CORRECT BOX.



- [ ] carton
- [ ] container
- [ ] bottle
- [ ] package
- [ ] stick
- [ ] tub
- [ ] loaf
- [ ] bag
- [ ] jar
- [ ] can
- [ ] roll

LIVEWORKSHEETS

➢ VOCABULARY 02: FIND THESE SUPERFOODS IN THE WORDSEARCH

PERUVIAN SUPERFOODS

S	L	O	L	L	U	C	O	H	Y	J	C	K	S	N
P	U	R	P	L	E	C	O	R	N	L	H	I	A	F
V	C	G	C	Y	A	C	O	N	A	S	E	W	C	E
D	U	R	O	A	P	I	M	F	R	V	R	I	H	J
S	M	E	C	L	G	H	N	M	S	C	I	C	A	L
C	A	A	Y	I	D	X	J	M	G	U	M	H	I	C
B	M	K	L	R	D	E	V	B	A	N	O	A	N	A
Q	U	I	N	O	A	B	N	M	L	C	Y	H	C	C
C	Z	C	V	M	K	Y	D	B	D	H	A	F	H	E
A	J	G	U	G	E	T	H	V	E	A	Z	X	I	O
C	V	C	D	T	A	R	W	I	B	R	S	M	A	V
A	U	B	N	J	K	L	I	Y	R	E	R	O	P	N
O	B	C	A	M	U	C	A	M	U	M	G	Y	U	N
U	I	D	G	P	A	N	E	L	A	C	D	E	H	T

Lucuma - Goldenberry - Kiwicha - Purple Corn - Quinoa - Camu Camu - Maca
Sacha Inchi - Panela - Tarwi - Olluco - Yacon - Cacao - Cherimoya



➢ *For further information - https://www.peruforless.com/blog/peruvian-superfoods/#panela*

➢ NOW LET'S REFLECT

1. ¿Puedo reconocer el vocabulario sobre alimentos? **SÍ - NO**
2. ¿Puedo utilizar el pronombre indefinido "some" y los articulos "a" o "an" al referirme a alimentos? **SÍ - NO**
3. ¿Puedo identificar el vocabulario relacionado con alimentos al leer una lista de compras? **SÍ - NO**





LIVEWORKSHEETS