



PERÚ

Ministerio
de Educación

APRENDO
en casa

LEARNING EXPERIENCE 8

English: Level A2

Let's Change Our Lifestyle



Activity 2: Peruvian superfoods

LEAD IN

Unscramble the words.



some quinoa



a c



some w flour



some g



an a



a p

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

DIRECCIÓN DE EDUCACIÓN SECUNDARIA

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.



**PRACTISE-EXERCISE 3**

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



My healthy shopping list

- ☐ A carton of milk
- ☐ A bottle of soda
- ☐ A bag of candies
- ☐ A packet of wheat flour
- ☐ A kilo of potatoes
- ☐ A dozen of eggs
- ☐ A slice of pizza
- ☐ A can of tuna
- ☐ A piece of cheese
- ☐ A bar of chocolate



Sigue revisando lo que puedes hacer con el inglés según los estándares internacionales. Aquí algunas preguntas más. ¿Lo puedes lograr?



1. ¿Puedo reconocer el vocabulario sobre alimentos? **SÍ - NO**
2. ¿Puedo utilizar el pronombre indefinido "some" y los artículos "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**



This is the end
of Activity 2.
Bye-bye!



Continue with
Activity 3.

