



PERÚ

Ministerio  
de Educación

## Learning Experience 8

## Let's change our lifestyle!

APRENDO  
en casa

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Date: 26/10/2021



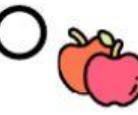
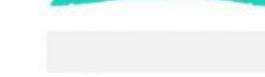
## Activity 2: Peruvian Superfoods

**Goal - Propósito:** Identifica información en una entrevista acerca de productos nutritivos.

Unscramble the words and match them with the pictures. - Ordena las palabras, escríbelas correctamente en el recuadro y escribe el número en la imagen correcta.



flour



## OBSERVA EL CUADRO

## COUNTABLE NOUNS

(alimentos que se pueden contar; tienen singular y plural)

## UNCOUNTABLE NOUNS

(alimentos que NO se pueden contar fácilmente; no tienen singular ni plural)

## SINGULAR



## PLURAL



- A – an = un/uno/una
- A se utiliza antes de una palabra que inicia con CONSONANTE
- An se utiliza antes de una palabra que inicia con VOCAL

- Some = algunos/as, un poco de
- Se utiliza antes de las palabras en PLURAL y antes de UNCOUNTABLE NOUNS.



Complete the sentences with A, AN or SOME. - Completa las oraciones con A, AN o SOME.

Example: I buy an orange and some milk for my breakfast. I need some eggs for lunch.

1. I'm hungry. I want to eat \_\_\_\_\_ bread and drink \_\_\_\_\_ glass of juice.
2. We have \_\_\_\_\_ lemons, \_\_\_\_\_ carrot, and \_\_\_\_\_ rice on the table.
3. I have to buy \_\_\_\_\_ apple, \_\_\_\_\_ wheat flour, and \_\_\_\_\_ quinoa for lunch.
4. I want \_\_\_\_\_ cheese and \_\_\_\_\_ fish, mum.
5. They need \_\_\_\_\_ grains, \_\_\_\_\_ tomato, and \_\_\_\_\_ onion.



Complete the text with A, AN or SOME. - Completa el texto con A, AN o SOME.

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.

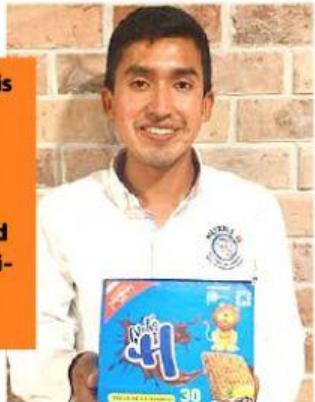


About fruit I got (3) \_\_\_\_\_ bananas, oranges and apples. I usually eat (4) \_\_\_\_\_ apple every morning. Tubers and grains are also important, so I bought (5) \_\_\_\_\_ kilo of potatoes, sweet potatoes and (6) \_\_\_\_\_ quinoa and wheat flour.



**4 Listen to Julio Garay's interview and write T (true) or F (false). Escucha la entrevista a Julio Garay y escribe T (verdadero) o F (falso).**

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



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. 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 eating healthy is important



**5 Listen the interview and complete the paragraph. – Escucha la entrevista y completa el texto**

**young – children – university – anemia – mother – cookie – chicken – Peru**

When I was young, I suffered from \_\_\_\_\_. My \_\_\_\_\_ gave me \_\_\_\_\_ blood to help me. Anemia is a common disease in Ayacucho, where I am from, and throughout \_\_\_\_\_. When I was studying at the \_\_\_\_\_, I decided to work on creating a \_\_\_\_\_ that could decrease anemia levels in \_\_\_\_\_.



**6 Label the pictures. Check the healthy foods - Escribe la palabra debajo de la imagen correcta. Marca con un / si el alimento es saludable(healthy)**

**a bottle of soda – a slice of pizza – a packet of wheat flour – a bar of chocolate – a kilo of potatoes – a can of tuna – a dozen of eggs – a bag of candy – a piece of cheese – a carton of milk**

