



# LET'S CHANGE OUR LIFESTYLE!

### COMPETENCIA:

Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

### PROPÓSITO:

Comprender información específica de textos en inglés identificando el vocabulario, a fin de elaborar, en este idioma, una receta de un plato peruano saludable y describir paso a paso su preparación empleando conectores de secuencia.

### CHALLENGE:

Elaborar una receta de un plato peruano saludable utilizando el léxico pertinente, los conectores de secuencia y las estructuras adecuados en inglés.

@Mrs.Jessica.Carhuavilca



STUDENT'S NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

TEACHER'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_



## ACTIVITY 2: PERUVIAN SUPERFOODS!

### LEAD IN!

Unscramble the words.



some **grain**



an \_\_\_\_\_



a \_\_\_\_\_



some \_\_\_\_\_



a \_\_\_\_\_



some flour.

### LET'S PRACTISE!

#### LISTENING COMPREHENSION

#### EXERCISE 1



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



[https://youtu.be/r36N4\\_DfLCg](https://youtu.be/r36N4_DfLCg)



#### Example:

Julio is an international winner.

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.

## 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.

**A / An**

- USE: with COUNTABLES in Singular.
- Example: There is A plum.
- There is AN apple.
- A + consonant
- An + vowel

**Some**

- USE: With Countables and Uncountables in AFFIRMATIVE sentences.
- Example: There is SOME sugar.
- There are SOME apples.
- some + uncountable nouns
- some + Plural countable nouns

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## EXERCISE 3

Look at the pictures and tick "✓" healthy products or cross "X" 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

## LET'S SELF ASSESS!

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

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What to Do?		SI	NO
1	¿Puedo reconocer el vocabulario sobre alimentos?		
2	¿Puedo utilizar el pronombre indefinido "some" y los artículos "a" o "an" al referirme a alimentos?		
3	¿Puedo identificar el vocabulario relacionado con alimentos al leer una lista de compras?		