



UNIDAD N° 1: Food and Healthy	Guía de Aprendizaje Objetivos: • Leer y comprender un texto acerca de la comida saludable
Curso: 6th grade	Profesor/a: Miss Maite Moena Vásquez

## 1. Read the text and look for key vocabulary.

**HEALTHY FOOD**

**Healthy food** is good for you. You need to have strong bones. The best part about healthy food is that it is tasty!

You should eat 4 **servings** of grains every day. You can find grains in **bread**, **rice** and **oatmeal**. You should not forget about **milk**, **cheese** and **yogurt** too. They will give you strong bones.

**Meat**, **beans** and **fish** provide your body with iron and protein. You need them to grow your muscle. **Fruit** and **vegetables** are super important. You should eat many types every day!

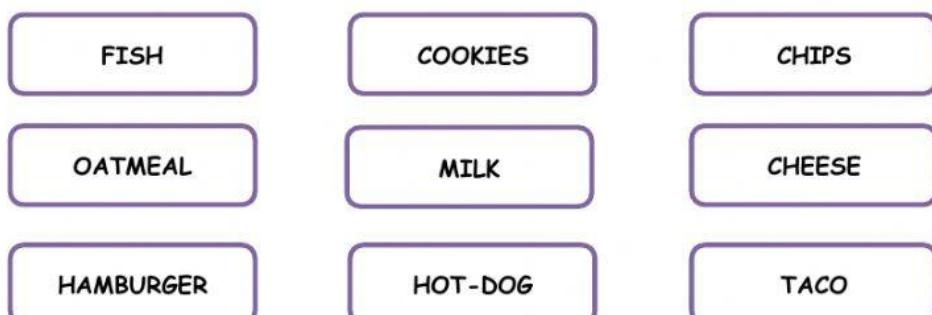
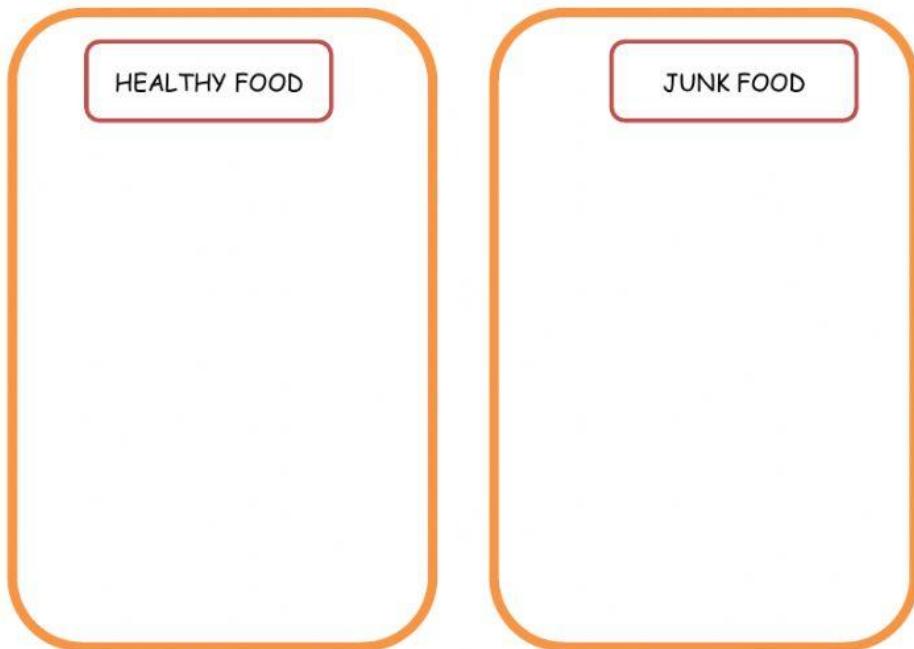
Even though **chips** and **cookies** are tasty, only eat a few of them at a time, it is **junk food**. Eat healthy food; your body will thank you!

**Vocabulary**

Find: encontrar	a few: un poco
Forget: olvidar	tasty: sabroso
Provide: dar	eat: comer
Need: necesitar	grow: crecer



2. Classify the following food into healthy and junk food.



3. Complete with the correct word

1. We should eat \_\_\_\_\_ of grains every day.
2. Grains can be found in food such as \_\_\_\_\_.
3. Milk, cheese and yogurt will give us \_\_\_\_\_.
4. Mea, beat and fish provide your body with \_\_\_\_\_
5. Fruits and vegetables are super \_\_\_\_\_