

Let's Change Our Lifestyle

FULLNAME: _____

GRADE: _____

SECTION: _____

Upside Down World



Activity 2: Peruvian superfoods

LEAD IN

Unscramble the words.



some quinoa



a corn



some wheat flour



some garlic



an apple



a papaya

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

DIRECCIÓN DE EDUCACIÓN SECUNDARIA



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.

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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 write "YES" for healthy products or "NO" for 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?



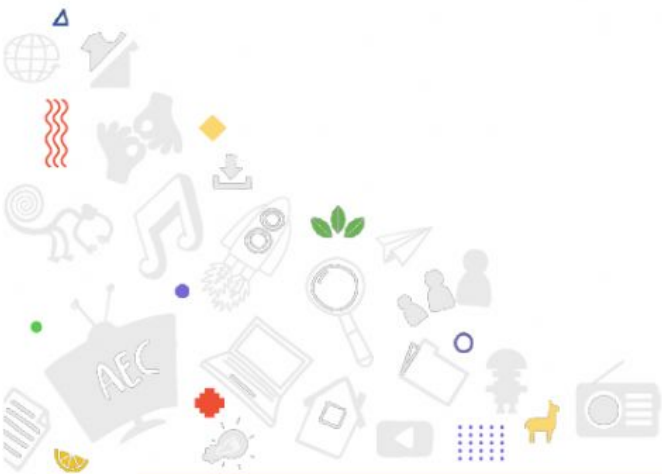
1. **¿Puedo** reconocer el vocabulario sobre alimentos? **SÍ - NO**
2. **¿Puedo** utilizar el pronombre indefinido "some" y los artículos "a" o "an" al referirme a alimentos? **SÍ - NO**
3. **¿Puedo identificar el vocabulario relacionado** con alimentos al leer una lista de compras? **SÍ - NO**



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



Continue with Activity 3.



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