



English: Level A1

WEEK 5

Healthy food*



Activity 1 My favourite dish

LET'S SELF-ASSESS!

Si tuvieras que contarle a alguien sobre el plato que cocinarán en tu casa en inglés, ¿Lo podrías hacer? Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas o incorrectas, lo importante es que seas honesta/o contigo misma/o al responder.



	¿Lo puedo hacer?	No, necesito ayuda	Un poco, pero necesito ayuda	Sí puedo	Sí puedo y muy bien
1.	¿Puedo comprender un texto en inglés sobre el plato o comida que preparan diferentes familias?				
2.	¿Puedo hacer una lista en inglés de compras de alimentos que se necesitan para hacer un plato?				
3.	¿Puedo describir lo que se cocinará en mi familia en inglés?				
4.	¿Puedo identificar comida saludable y no saludable usando vocabulario adecuado en inglés?				
5.	¿Puedo usar el singular y plural correctamente para describir alimentos en inglés?				

* Material elaborado en colaboración con el British Council y RELO Andes de la Embajada de Estados Unidos.

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Classify the foods below as HEALTHY or UNHEALTHY. Follow the example:

HEALTHY FOOD

(Good food for your body)

Fruits



SEEDS



PROCESSED FOOD



FRUITS

UNHEALTHY FOOD

(Not good food for your body)



FIZZY DRINKS



SWEETS



VEGETABLES

OBSERVE - EXERCISE 2

Match the emoticon with the correct phrase. Follow the example:



A



B



C



D



E



1. It's delicious! A
2. I don't like it.
3. I'm hungry.
4. I like it.
5. "Causa" is my favourite dish.

READ

Read about four families and their favourite dish.

FAMILIES AND THEIR FAVORITE DISH

1

Hi! I'm Carlos. During the lockdown, my family likes cooking together. We love salads. To make a salad, we need tomatoes, lettuce, lemons, onions, peppers, oil and salt. I like vegetables! They are delicious and healthy.



Tomatoes



Lettuce



Lemons



Peppers



Salt



Oil

2



Hello, I'm Rosa. During the lockdown, I like cooking with my children. We love chocolate. To make chocolate cake, we need flour, cocoa, sugar, eggs and vanilla. Remember, sugar is unhealthy if you eat too much of it.



Flour



Cocoa



Sugar



Eggs



Cake



Vanilla

3

Hi! I'm Victor. During the lockdown, we like cooking together. To make a hamburger and a salad, we need meat for the hamburger, tomatoes and lettuce for the salad. We don't like ketchup on the hamburger. Ketchup is unhealthy. We are hungry!



Meat



Lettuce



Ketchup



Hamburger



Tomatoes

4



Hello, I'm Lucía. During the lockdown, I like cooking with my brothers and sisters. "Ceviche" is my favourite dish. It's healthy. To make "Ceviche", we need fish, lemons, onions, sweet potatoes, garlic and salt.



Fish



Lemons



Garlic



Onions



Sweet potatoes



Salt

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Answer the questions. Follow the example:

1. What do you need to make a chocolate cake?

We need flour, cocoa, sugar, vanilla and eggs.

2. What do you need to make "Ceviche"?

3. What do you need to make a hamburger?

4. What do you need to make a salad?

UNDERSTAND - EXERCISE 2

Read the statements and **circle** if they are 'True' or 'False' based on the text.



Follow the example:

- | | | |
|---|------|--------------|
| 1. Rosa likes cooking with her mother. | TRUE | FALSE |
| 2. Rosa needs flour to make her cake. | TRUE | FALSE |
| 3. Lucia likes cooking with her brothers and sisters. | TRUE | FALSE |
| 4. Lucia and her brothers and sisters will make "Ceviche". | TRUE | FALSE |
| 5. Carlos loves chocolate cake. | TRUE | FALSE |
| 6. Carlos' family like cooking together. | TRUE | FALSE |
| 7. Victor needs peppers for his salad. | TRUE | FALSE |
| 8. Carlos, Rosa, Victor and Jorge like cooking during the lockdown. | TRUE | FALSE |

UNDERSTAND - EXERCISE 3

Healthy or unhealthy? Complete the sentences based on the text. Follow the example:

1	 VICTOR	Ketchup is <u>unhealthy</u> .	2	 CARLOS	Vegetables are _____.
3	 LUCIA	"Ceviche" is _____.	4	 ROSA	Sugar is _____.

PRACTISE - EXERCISE 1

Match the shopping list with the correct dish. Follow the example:

1. "Arroz con pollo" **D**



C

Shopping list

- Corn
- Potatoes
- Sweet potatoes
- Broad beans
- Meat
- Pork
- Cuy

A

Shopping list

- Fish
- Onions
- Lemon
- Salt
- Lettuce
- Corn
- Sweet potatoes

2. "Ceviche"



D

Shopping list

- Chicken
- Peas
- Rice
- Carrots
- Coriander

B

Shopping list

- Lettuce
- Broad beans
- Cheese
- Corn
- Tomatoes

3. "Pachamanca"



4. "Solterito"



PRACTISE - EXERCISE 2

SINGULAR (A - AN)

Exercise A: Complete with 'a' or 'an':

Examples:

- We need a carrot.
- I need an onion.

1. I need tomato for my salad.
2. I need orange.
3. We need lemon for my fish.

PLURAL (S -ES)

Exercise B: Complete with the plural form:

Examples:

- I need two carrots. (carrot)
- We need five tomatoes. (tomato)

1. We need four . (egg)
2. I need three . (potato)
3. We need six . (lemon)

UNCOUNTABLE NOUNS

In English "uncountable nouns" have **no plural form**. Some of them are:

- flour
- salt
- rice
- fish
- milk
- sugar
- oil
- meat
- pork
- butter

Examples:

- A. I need sugar.
- B. We need salt.
- C. I need flour.

PRACTISE - EXERCISE 3

Answer the questions. Follow the example:

Example:

1. What do you need to make "causa"?

To make "causa" I need an avocado.

2. What do you need to make pizza?

3. What do you need to make a cup of coffee?

4. What do you need to make "rice pudding"?

5. What do you need to make "picarones"?

6. What do you need to make an apple pie?

The maze puzzle connects the following items:

Food Item	Ingredient
Causa 1	Avocado
Pizza 2	Mushrooms
Coffee 3	Milk
Rice pudding 4	Rice
Picarones 5	Butter
Apple pie 6	Oil