



## English: Level A1

### WEEK 6

## Healthy food\*

### Activity

### Superfoods (day 2)

### LET'S SELF-ASSESS!

¿Qué tanto conoces sobre los alimentos que se producen en el Perú? ¿Puedes comunicar tus ideas y opiniones sobre estos alimentos en inglés? Expresa cuánto sabes en inglés con las frases en la parte superior de la tabla. 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 hacerlo?                                                                                                      | No, necesito ayuda | Un poco, pero necesito ayuda | Sí puedo | Sí puedo y muy bien |
|-------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------|----------|---------------------|
| 1. ¿Puedo identificar información específica sobre los superfoods del Perú al leer un texto simple en inglés?           |                    |                              |          |                     |
| 2. ¿Puedo reconocer alimentos considerados superfoods en inglés?                                                        |                    |                              |          |                     |
| 3. ¿Puedo formular preguntas pidiendo información de los superfoods del Perú?                                           |                    |                              |          |                     |
| 4. ¿Puedo elaborar un folleto describiendo los superfoods del Perú en inglés usando vocabulario clave?                  |                    |                              |          |                     |
| 5. ¿Puedo pronunciar correctamente las palabras y con una entonación adecuada un texto en inglés al leerlo en voz alta? |                    |                              |          |                     |

\* 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

**Match** each word in the box to the correct picture. Follow the example:



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_

1. lake
2. coast
3. rainforest
4. highlands
5. all year round
6. jungle



D \_\_\_\_\_

E \_\_\_\_\_

F \_\_\_\_\_

## OBSERVE - EXERCISE 2

**Match** the title to the superfood group it describes. Follow the example:

**SUPERFOODS FROM PERU**

**A**

**Super Fruits**

Peruvian native fruits are rich in vitamins and antioxidants.

**B**

**Super Vegetables**

They are rich in vitamins and minerals to keep us healthy.

**C**

**Super Tubers - roots**

They give you energy and they are a good source of protein, carbs and amino acids.

**1** \_\_\_\_\_



Native chilli pepper   Sweet pepper

**4** \_\_\_\_\_



Asparagus   Artichoke

**2** \_\_\_\_\_



Tangerine   Pomegranate   Cherimoya

**5** \_\_\_\_\_



Chia   Purple corn   Quinoa

**3** \_\_\_\_\_



Muña   Cat's claw

**6** \_\_\_\_\_



Mesquite   Maca   Yacon

**7** \_\_\_\_\_



Chub mackerel   Tuna   Shrimp

**READ**

**Read** the brochures about “Superfoods from Peru”.

**BROCHURE 1**

| Superfoods from Peru 🇵🇪                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Super Fruits</b><br><b>Granadillas</b>                                                                                                                                                                                                                                                                             | <b>Super Grains</b><br><b>Quinoa</b>                                                                                                                                                                                                                                                                   |
| <ol style="list-style-type: none"> <li><b>Where are granadillas from?</b><br/>They are from the Peruvian Andes.</li> <li><b>What colour are granadillas?</b><br/>They're orange.</li> <li><b>What are their health benefits?</b><br/>They are a good source of vitamin C, vitamin B3 and antioxidants.</li> <li><b>When are granadillas in season?</b><br/>They are in season all year round.</li> </ol> | <ol style="list-style-type: none"> <li><b>Where is quinoa from?</b><br/>It is from the shores of Titicaca Lake.</li> <li><b>What colour is quinoa?</b><br/>It can be red, white or black.</li> <li><b>What are its health benefits?</b><br/>It is rich in amino acids, protein and minerals.</li> <li><b>When is quinoa in season?</b><br/>It is in season from April to July.</li> </ol> |
|                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Super Roots</b><br><b>Yacon</b>                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                          | <ol style="list-style-type: none"> <li><b>Where is yacon from?</b><br/>It is from the Peruvian Andes.</li> <li><b>What colour is yacon ?</b><br/>It is beige.</li> <li><b>What are its health benefits?</b><br/>It is rich in antioxidants, potassium and prebiotics.</li> <li><b>When is yacon in season?</b><br/>It is in season all year round.</li> </ol>                             |

Information extracted from PROMPERU.  
<https://peru.info/en-us/superfoods>

## BROCHURE 2



**Peru: Land of Super Foods**



**Super Vegetables**  
Artichokes

- Where are artichokes from?**  
They are native to Africa.
- What colour are artichokes?**  
They are green.
- What are their health benefits?**  
They are a good source of antioxidants, fibre, vitamin C and K.
- When are artichokes in season?**  
They are in season all year round.



**Super Fish**  
Trout

- Where is trout from?**  
It is from lakes in the Andean highlands.
- What are its health benefits?**  
It is a good source of omega 3, vitamin A, vitamin B and micro nutrients.
- When is trout in season?**  
It is in season all year round.

Information extracted from PROMPERU.  
<https://peru.info/en-us/superfoods>



**Super Herbs**  
Cat's claw

- Where is cat's claw from?**  
It is from the Amazon rainforest.
- What colour is cat's claw?**  
It is red brown.
- What are its health benefits?**  
It is rich in anti-inflammatory and antioxidants.
- When is cat's claw in season?**  
It is in season from April to August.



**¡NOTEMOS ALGO!**

¿Recuerdas en qué casos usar **IT IS** o **THEY ARE**?

Claro que te acuerdas, usaste "they are" cuando aprendimos sobre los integrantes de familias en inglés. Ahora aprenderemos cómo usarlo cuando hablamos de alimentos.

Observa los siguientes ejemplos:

**SINGULAR**

A: Where **is** the granadilla from?

B: **It is** from the Peruvian Andes.

**PLURAL**

A: Where **are** granadillas from?

B: **They are** from the Peruvian Andes

**NO CONTABLES**

A: When **is** quinoa in season?

B: **It is** in season from April to July.

¿Puedes identificar más ejemplos en los folletos? Encontrarás ejemplos para el **PLURAL** y para los **NO CONTABLES**. Escríbelos aquí:

**PLURAL**

Pregunta: \_\_\_\_\_ ?

Respuesta: \_\_\_\_\_ ?

**NO CONTABLES**

Pregunta: \_\_\_\_\_ ?

Respuesta: \_\_\_\_\_ ?

**¿Qué podemos concluir?**

Completa la conclusión con las siguientes palabras:

**IS****ARE****IT IS****IT IS****THEY ARE****Oraciones afirmativas:**

Para oraciones afirmativas y referirnos a un objeto o alimento en singular, utilizamos

"\_\_\_\_\_ " **1** y para referirnos a más de un objeto o alimento utilizamos

"\_\_\_\_\_ " **2** . Para referirnos a los alimentos no contables utilizamos "\_\_\_\_\_ " **3**

**Preguntas:**

Cuando formulamos preguntas, los verbos "\_\_\_\_\_ " **4** o "\_\_\_\_\_ " **5** van **antes** del objeto o alimento.



**OJO:** En inglés hay algunos alimentos que no se pueden escribir en forma plural como por ejemplo 'trout', 'corn', 'purple corn', 'muña', 'cat's claw', 'cañihua', 'maca' y 'quinoa'. ¿Recuerdas en la semana 5 vimos otros como flour, salt, rice, milk, oil, and butter? Están en la página 7 de la semana 5.

## LET'S UNDERSTAND!

## UNDERSTAND - EXERCISE 1

**A. Complete** the chart with a check (✓). Follow the example:

|    | Food       | Jan. | Feb. | Mar. | Apr. | May | Jun. | Jul. | Aug. | Sept. | Oct. | Nov. | Dec. |
|----|------------|------|------|------|------|-----|------|------|------|-------|------|------|------|
| 1. | Trout      | ✓    | ✓    | ✓    | ✓    | ✓   | ✓    | ✓    | ✓    | ✓     | ✓    | ✓    | ✓    |
| 2. | Quinoa     |      |      |      |      |     |      |      |      |       |      |      |      |
| 3. | Artichokes |      |      |      |      |     |      |      |      |       |      |      |      |
| 4. | Cat's claw |      |      |      |      |     |      |      |      |       |      |      |      |

**B. Answer** the questions using the information in **A.** Follow the example:

- When is trout in season?  
They're in season all year round.
- When is quinoa in season?  
It's in season from \_\_\_\_\_ to \_\_\_\_\_.
- When are artichokes in season?  
They're in season \_\_\_\_\_.
- When is cat's claw in season?  
It's in season from \_\_\_\_\_ to \_\_\_\_\_.

## UNDERSTAND - EXERCISE 2

**Match** the questions with the correct answer. There is ONE **extra** answer. Follow the example:

- Where is yacon from?
- What are artichoke health benefits?
- What colour is quinoa?
- Where are cat's claw from?
- When are granadillas in season?
- What are trout health benefits?

- They are a good source of omega 3, vitamin A, vitamin B and micro nutrients.
- It is red, white or black.
- It is from the Peruvian Andes.
- It is from lakes in the Andean highlands
- It is from the Amazon rainforest.
- They are a good source of antioxidants, fibre, vitamin C and K.
- They are in season all year round.

## LET'S PRACTISE!

## PRACTISE - EXERCISE 1

**Complete** the questions with "IS" or "ARE" and the answers with "IT IS" or "THEY ARE". Follow the example:



Sweet peppers



Purple corn

## LOOK!

What? : ¿Qué?

When? : ¿Cuándo?

Where? : ¿Dónde?

1

A: Where are sweet peppers from?  
B: They are from the central coast of Peru.

4

A: When \_\_\_\_\_ sweet peppers in season?  
B: \_\_\_\_\_ in season all year round.

2

A: When \_\_\_\_\_ purple corn in season?  
B: \_\_\_\_\_ in season in April, November and December.

5

A: Where \_\_\_\_\_ purple corn from?  
B: \_\_\_\_\_ the Peruvian Andes.

3

A: What colour \_\_\_\_\_ sweet peppers?  
B: \_\_\_\_\_ red, yellow, orange or green.

6

A: What colour \_\_\_\_\_ purple corn?  
B: \_\_\_\_\_ purple.

## PRACTISE - EXERCISE 2

**Complete** the questions and answers with the words in the box. **Look** at the chart. Follow the example:



1

A: **What** colour is maca?B: **It's** black, red or yellow.

5

A: \_\_\_\_\_ food groups is quinoa in?

B: \_\_\_\_\_ in super grain.

2

A: \_\_\_\_\_ are cherimoyas in season?

B: \_\_\_\_\_ in season from April to August.

6

A: \_\_\_\_\_ colour are granadillas?

B: \_\_\_\_\_ orange.

3

A: \_\_\_\_\_ food group are olives in?

B: \_\_\_\_\_ in super fruits.

7

A: \_\_\_\_\_ are yuccas in season?

B: \_\_\_\_\_ in season all year round.

4

A: \_\_\_\_\_ is sacha inchi from?

B: \_\_\_\_\_ from the Peruvian Amazon.

8

A: \_\_\_\_\_ are golden berries from?

B: \_\_\_\_\_ from the Peruvian Andes.