



PERÚ

Ministerio
de EducaciónI LEARN
at home
Educación Secundaria

Healthy food*



Activity 1

Superfoods (day 2)

LET'S OBSERVE! - EXERCISE 1

Match the months with their abbreviations. Follow the example:



Months of the Year

1 January	7 July
2 February	8 August
3 March	9 September
4 April	10 October
5 May	11 November
6 June	12 December

Abbreviations

a Jul.	g Nov.
b Mar.	h Jan.
c Dec.	i Aug.
d Apr.	j May.
e Oct.	k Sep.
f Jun.	l Feb.

LISTEN AND REPEAT

OBSERVE - EXERCISE 2

Look at the pictures of the superfoods and write the names in the correct group. Follow the example:



Chia



Tuna



Yucca



Avocado



Artichoke



Cat's claw



Soursop

Super Vegetables	Super Fruits	Super Grains	Super Herbs	Super Roots	Super Fish
avocado					

Glosario

INGLÉS

CASTELLANO

all year	todo el año
colours: red, yellow, white, black, green	colores: rojo, amarillo, blanco, verde
healthy	saludable
highlands	sierra
in season	de temporada
rainforest	selva tropical
recognised as the land of	reconocida como la tierra dell
superfoods	súper alimentos
super roots	súper tubérculos o súper raíces
sweet peppers	pimientos
sweet potatoes	camote

What are superfoods?

What other superfoods do you know?

LET'S LISTEN AND READ!



Read the posts on social media about "Superfoods from Peru".

POST 1

Maria Ramos Cuya



Maria

3h

Peru is recognised as the land of superfoods.

#SuperHealthy#SuperDelicious#SuperRichInNutrientAndEnergy

Artichokes? They are super vegetables. They're green. They are from South America and North Africa. They are in season all year.

My favourite vegetables are artichokes!



Artichokes

Food Group Super Vegetables

Colour Green

From South America and North Africa

In season All year



541

26 Comments • 27 Shares



Comment

Share



Write a comment...



POST 2

Juan López Olaya



Juan

13 June at 02:25

Peru is recognised as the land of superfoods.

#SuperHealthy#SuperDelicious#SuperRichInNutrientAndEnergy

Soursops? They are super fruits. They're green. They are from the central rainforest. They are in season from April to August.

Soursops are delicious!



Soursops

Food Group Super Fruits

Colour Green, white and black

From Central rainforest

In season Apr. - Aug.



541

30 Comments • 24 Shares



Comment

Share



Write a comment...



LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Read the questions and answer the questions or choose the best alternative. Follow the examples:

1. What is Maria's favourite superfood?
A artichokes **B** soursops **C** artichokes and soursops
2. What colour are the artichokes?
A black **B** green **C** white
3. Which superfood are the artichokes?
A super fruits **B** super vegetables **C** super grains
4. Which superfood are the soursops?
A super fruits **B** super vegetables **C** super grains
5. When are artichokes in season in Peru?
A In March **B** In August **C** All year

6. Who likes soursops?

7. Who likes artichokes?

8. Where are soursops from?

9. Where are artichokes from?

10. When are soursops in season?

LET'S PRACTISE!

EXERCISE 1. Read the text and complete the chart.
Follow the example:



What are sweet potatoes?

They are super roots. Sweet potatoes are orange, purple, orange-red or white. They are from the central coast of Peru. Sweet potatoes are in season all year.

SWEET POTATOES

Food Group	
Colour	
From	
In season	

EXERCISE 2. Look at the chart and complete the text with the correct information. Follow the example:



What are ¹ sweet peppers?

They are² . They are³ .
They are from⁴ . Sweet peppers are in season⁵ .

SWEET PEPPERS

Food Group	Super vegetables
Colour	Red, yellow, orange, or green
From	Peru and Bolivia
In season	All year.

PRACTISE - EXERCISE 3

Complete the sentences using "is" or "are". Follow the example:



COUNTABLE NOUNS "IS or ARE"

Example:

Singular

soursop



It is green.

It's green.

Plural

soursops



They are green.

They're green.

1 Olives **are** from the coast of Peru.

2 Maca **is** in season from May to August.

3 Sweet potatoes **are** in season from January to December.

4 Sweet peppers **are** red, yellow, orange and green.

5 Sacha Inchi **is** bright yellow.

6 Yuccas **are** super roots.



UNCOUNTABLE NOUNS "IS"

Example:

Singular

cañihua



Cañihua is from the Peruvian Andes.

It is from the Peruvian Andes.

It's from the Peruvian Andes.

Maca, sacha inchi and muña have NO plural.

EXTRA:

What's your favourite superfood?



MISS. IVONNE PINILLOS