



PERÚ

Ministerio
de Educación

Healthy food*

Activity 1

Superfoods (day 2)

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1



A _____

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



B _____



C _____



D _____

E _____

F _____

OBSERVE - EXERCISE 2

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

SUPERFOODS FROM PERU

A	B	C
Super Fruits Peruvian native fruits are rich in vitamins and antioxidants.	Super Vegetables They are rich in vitamins and minerals to keep us healthy.	Super Tubers - roots They give you energy and they are a good source of protein, carbs and amino acids.
1 _____	2 _____	3 _____
 Native chilli pepper Sweet pepper	 Tangerine Pomegranate Cherimoya	 Chia Purple corn Quinoa
D	E	F
Super Grains Andean grains are rich in protein, fat, starch and amino acids.	Super Herbs Aromatic herbs are medicinal plants. They are rich in antioxidants.	Super Capsicum Peru has a wide variety of these Andean superfoods. They are very rich in nutrients.
4 _____	5 _____	6 _____
 Asparagus Artichoke	 Muña Cat's claw	 Mesquite Maca Yacon
G	7	8
Super Fish Fish is a good source of Omega.	 Club mackerel Tuna Shrimp	8 _____

3

READ

Read the brochures about "Superfoods from Peru".



BROCHURE 1

Superfoods from Peru 

Super Fruits

Granadillas



Super Grains

Quinoa

Super Roots

Yacon

1. Where are granadillas from?

They are from the Peruvian Andes.

2. What colour are granadillas?

They're orange.

3. What are their health benefits?

They are a good source of vitamin C, vitamin B3 and antioxidants.

4. When are granadillas in season?

They are in season all year round.

1. Where is quinoa from?

It is from the shores of Titicaca Lake.

2. What colour is quinoa?

It can be red, white or black.

3. What are its health benefits?

It is rich in amino acids, protein and minerals.

4. When is quinoa in season?

It is in season from April to July.

1. Where is yacon from?

It is from the Peruvian Andes.

What colour is yacon ?

It is beige.

3. What are its health benefits?

It is rich in antioxidants, potassium and prebiotics

4. When is yacon in season?

It is in season all year round.

Information extracted from PROMPERU.

<https://peru.info/en-us/superfoods>

Peru: Land of Super Foods

Super Vegetables

Artichokes



BROCHURE 2

Super Fish

Trout

Super Herbs

Cat's claw

1. Where are artichokes from?

They are native to Africa.

2. What colour are artichokes?

They are green.

3. What are their health benefits?

They are a good source of antioxidants, fibre, vitamin C and K.

4. When are artichokes in season?

They are in season all year round.

1. Where is trout from?

It is from lakes in the Andean highlands.

2. What are its health benefits?

It is a good source of omega 3, vitamin A, vitamin B and micro nutrients.

3. When is trout in season?

It is in season all year round.

1. Where is cat's claw from?

It is from the Amazon rainforest.

2. What colour is cat's claw?

It is red brown.

3. What are its health benefits?

It is rich in anti-inflammatory and antioxidants.

4. When is cat's claw in season?

It is in season from April to August.

Information extracted from PROMPERU.

<https://peru.info/en-us/superfoods>

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¡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**PLURAL****NO CONTABLES**

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

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

A: Where **are** granadillas from?

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

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?

- a) They are a good source of omega 3, vitamin A, vitamin B and micro nutrients.
- b) It is red, white or black.
- c) It is from the Peruvian Andes.
- d) It is from lakes in the Andean highlands
- e) It is from the Amazon rainforest.
- f) They are a good source of antioxidants, fibre, vitamin C and K.
- g) 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



1

A: Where are sweet peppers from?

B: They are from the central coast of Peru.

4

A: When are sweet peppers in season?

B: They are in season all year round.

2

A: When is purple corn in season?

B: It is in season in April, November and December.

5

A: Where is purple corn from?

B: It is from the Peruvian Andes.

3

A: What colour are sweet peppers?

B: They are red, yellow, orange or green.

6

A: What colour is purple corn?

B: It is 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.



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