



PERÚ

Ministerio
de Educación

WEEK 6

A balanced diet*

Activity 1

My meals (day 2)



LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Correct the set of words with the corresponding food group. Follow the example:

1. FRUITS
2. GRAINS
3. DAIRY
4. PROTEIN
5. VEGETABLES

- A. Yogurt, milk, soy milk and cheese
- B. Rice, cereals, bread and pasta
- C. Broccoli, carrots, pepper and lettuce
- D. Orange, berries, pineapple and melon
- E. Meat, fish, eggs and chicken



*Información recogida y adaptada de Choose My Plate. (s. f.). MyPlate | ChooseMyPlate. Recuperado 13 de julio de 2020.

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

OBSERVE - EXERCISE 2

Cross out the unhealthy option (A or B). Follow the example:

	OPTION A	OPTION B
1	Eat a variety of foods from different food groups.	Eat only one type of food.
2	Don't eat vegetables or fruit. That's food for rabbits!	Eat plenty of fruits and vegetables.
3	Consume whole grains, nuts and fats such as olive oil.	Never consume fats. You might gain too much weight.
4	Eat as much sugar, fats and salt as you want.	Watch your intake of sugar, fats and salts.
5	It is not necessary to wash your food.	Practice good food hygiene, especially during this pandemic.
6	Drink water regularly.	Drink soda. It tastes better than water.

*Recommendations retrieved from "Maintaining a healthy diet during COVID-19 pandemic" from FAO, 2020.

READ

Read about Lisa's problem and her daily meals.

My problem: I am always tired and my stomach hurts very often. I think I need to change the way I eat.



My daily meals!

Breakfast:

For breakfast, I usually have a glass of soda. Sometimes I eat a burger or a slice of cold pizza.

I hardly ever eat dairy products in the morning, but sometimes I have an ice cream.

Lunch:

I always eat lunch very late and I am often in a rush. I never eat proteins, I prefer cookies.

Dinner:

Dinner is my favourite meal of the day. I usually eat a lot and very late. I hardly ever eat vegetables. I rather eat fries with tons of mayonnaise.

Read about Fernando's problem and his eating habits.

My problem: I gained five kilos last month and now I have really bad acne. I might need to check my diet.



My eating habits!

Breakfast:

I hardly ever eat breakfast; I don't have time for it. When I do it, I usually drink a milkshake with whipped cream on top and a donut on my way to school.

Lunch:

For lunch, I always eat fast food, especially pizza, because it is delicious. Usually, I drink soda and sometimes I get fries too.

Dinner:

Dinner for me is candy time! I get cookies, lollipops and gum. Occasionally my family and I order hot dogs. When I eat hot dogs, I often add on a lot of ketchup and mayonnaise.

Glosario

INGLÉS

Always	Siempre
Daily	Diariamente
Eating habits	Hábitos alimenticio
Hardly ever	Casi nunca
High in fat	Alto en grasas
How often do/does...	Cuán seguido...
Meal	Comida
Never	Nunca
Occasionally	Ocasionalmente
Often	A menudo
Sometimes	Algunas veces
Usually	Usualmente

CASTELLANO

Siempre
Diariamente
Hábitos alimenticio
Casi nunca
Alto en grasas
Cuán seguido...
Comida
Nunca
Ocasionalmente
A menudo
Algunas veces
Usualmente

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Answer the following questions about Fernando and Lisa's eating habits. Follow the example:

1. Who has bad acne?	Fernando
2. How often does Lisa eat dairy products?	Hardly ever
3. Who gets stomachaches?	
4. How often does Fernando eat fast food for lunch?	
5. Who eats hot dogs occasionally?	
6. Who likes fries with mayonnaise?	
7. Who puts whipped cream on their milkshake?	
8. How often does Lisa eat vegetables?	
9. Who gained weight?	
10. Who eats lunch late and quickly?	

UNDERSTAND - EXERCISE 2

Categorize the food items Fernando and Lisa eat for breakfast, lunch and dinner in the chart below. Some food items can go in more than one box. You can use the glossary from the guide too. Follow the example:



FERNANDO'S MEALS

LISA'S MEALS

BREAKFAST	LUNCH	DINNER
	Fries	

BREAKFAST	LUNCH	DINNER
		Fries

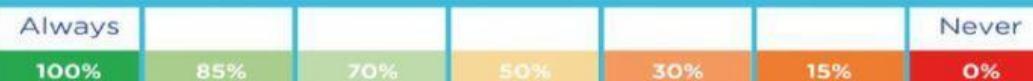
LET'S PRACTISE!

PRACTISE - EXERCISE 1

Put the adverbs of frequency from the box in the correct order, from the most frequent to the least frequent. Follow the example:

HOW OFTEN DO YOU...?

Sometimes - Often - Occasionally - Never
Usually/Normally - Hardly ever - Always



PRACTISE - EXERCISE 2

Choose the right adverbs of frequency to make correct sentences about healthy eating. Follow the example:

1. How often do you eat ice cream?

I **always/hardly ever** eat ice cream because I am trying to avoid eating too much sugar.

2. How often do you eat fruits?

Fruits are full of vitamins, so we **never / often** eat them at home.

3. How often does your mother eat vegetables?

My mother doesn't like vegetables, but she **sometimes / never** eats them to stay healthy.

4. How often does your sister eat superfoods?

My father **usually/hardly** ever gives my sister superfoods because she is an athlete.

5. How often does your uncle drink soda?

My uncle is diabetic, so he **never / often** drinks soda.

Adverbs of frequency normally go **before the main verb**.



What about you? Use adverbs of frequency to answer the questions about your eating habits.

1. How often do you eat vegetables?

2. How often do you eat fast food?

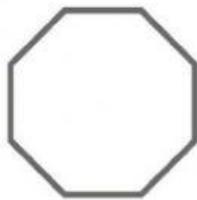
PRACTISE - EXERCISE 3

Put the correct **name** and **octagon** for each food item. Are they unhealthy (high in sugar, salt or fat) or are they healthy or even a superfood? Notice that there are 10 words in the box, but only 8 images. Follow the example:

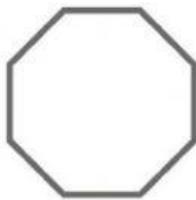


donuts - apples - rice - ice cream - taco - maca - burger - lucuma - pizza - grapes

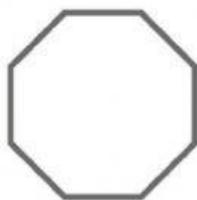
1 apples



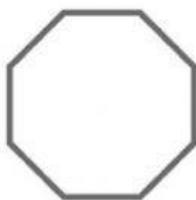
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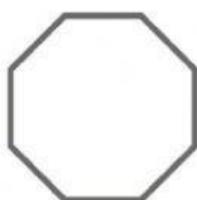
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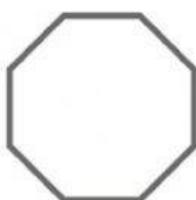
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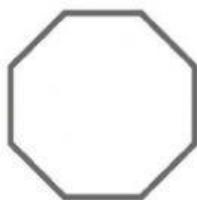
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