



# APRENDO *English*

en casa

A BALANCED DIET

Objective:

- Today we'll get and deduce information from the post: "healthy recommendations"

Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil

1. DESCRIBING FOOD: Select the right description for each image.



A. Grilled chicken

B. Fried chicken



A. Shredded cheese

B. Melted cheese



A. Boiled eggs

B. Scrambled eggs



A. Boiled vegetables

B. Sauteed vegetables



A. Baked potatoes

B. Smashed potatoes

2. GRAMMAR: Check the following **FREQUENCY ADVERBS** and read the examples.



**PRACTICE:**

How often do you check your Facebook account? \_\_\_\_\_

How often do you check your e-mail account? \_\_\_\_\_

How often do you eat pizza? \_\_\_\_\_

3. **SELECT:** Check the information of this food planner and then complete the sentences with the correct answer from the box.

FAMILY MEMBER	FOOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MOTHER	TOAST	X		X	X	X		X
	COFFEE		X					
	MILK			X				
FATHER	COFFEE	X	X	X	X	X	X	X
	FRUIT	X		X		X		X
	BUTTER							
DAUGHTER	EGGS						X	
	SLICED FRUIT	X		X		X		X
	BUTTER							

- ✓ Hardly ever
- ✓ Sometimes
- ✓ Never
- ✓ Always
- ✓ Usually

#### USE THE ADVERBS OF FREQUENCY FROM THE BOX

- a) How often does the father drink coffee for breakfast?  
The father \_\_\_\_\_ drinks coffee for breakfast.
- b) How often does the daughter eat sliced fruit for breakfast?  
The daughter \_\_\_\_\_ eats sliced fruit for breakfast.
- c) How often does the mother drink coffee for breakfast?  
The mother \_\_\_\_\_ has coffee for breakfast.
- d) How often does the daughter eat butter for breakfast?  
The daughter \_\_\_\_\_ eats butter for breakfast.
- e) How often does the mother eat toast for breakfast?  
The mother \_\_\_\_\_ has toast for breakfast.



#### 4. READING:

**NEW WORD!** Look at the images or search on internet to choose the correct definition of:

#### FOODIE

- a) A very famous chef who likes to cook all the time.
- b) A person who is very, very, very interested in food.
- c) A person who eats more food than a normal person.





**4.1. READ:** Now that you know what is a foodie. Read an Instagram post of a famous foodie:



### Foodie Max's healthy meal recommendations during COVID-19 pandemic.

During this pandemic, we need to eat healthy food to strengthen our immune system.

#### Breakfast:

For breakfast we usually have toast and boiled eggs. Sometimes we eat sliced fruit with yogurt. We never have candies or sodas. Those are not healthy.

#### Lunch:

Lunch is my favourite! I normally eat sautéed vegetables with grilled chicken and shredded cheese on top. We hardly ever eat dessert, but when we do it, we eat a slice of carrot cake.

#### Dinner:

For dinner we often eat less food. We occasionally have roast beef with tomato soup or turkey with baked potatoes.

My final recommendation is to always drink water and avoid eating junk food too often. [#foodieMax](#) [#balanceddiet](#) [#healthyandyummy](#)

### 4.2. CORRECT THE WORD:

Foodie Max is a very popular teen ~~chef~~ here in Australia. He just posted a healthy meal

foodie

recommendation to strengthen our **respiratory system**. He also says that he never has **milk**

for breakfast because it is unhealthy. Max recommends to drink a lot of **fruit juice** and to

avoid eating **healthy food** too often.

### 4.3. WRITE:

Write the name of the food that Alex has for every meal

BREAKFAST	LUNCH	DINNER

#### 4.4. TRUE OR FALSE:

- a) Alex sometimes has candy or soda for breakfast
- b) Dinner is his favorite meal
- c) He hardly ever eats a slice carrot cake
- d) He is a vegetarian
- e) For dinner he often eats less

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#### 4.5. ANSWER:

- a) How often do you post pictures of your food on social webs (Facebook, Instagram, etc.)?
- b) How often do you cook special recipes?
- c) How often do you eat healthy food?
- d) Do you consider yourself a foodie?

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¡Es importante autoevaluarte! Lee los criterios de evaluación y de ser necesario vuelve a revisar el texto y mejorar tus respuestas.

READING: "healthy recomendations"		YES	NO
1	Identificaste correctamente la información del texto y corregiste.		
2	Distinguiste detalles en el texto usando un diccionario y corregiste.		
3	Dedujiste relaciones en el texto para escribir TRUE OR FALSE		
4	Señalaste los alimentos de Alex y sus características.		
5	Señalaste el significado de foodie y otros respondiendo preguntas.		