

ACTIVITY N° 1: HEALTHY FOOD

AREA: INGLÉS	CICLO: VII	
DOCENTE: LIC. MADAI LESLY VARGAS COLLANQUE	GRADO: 3° ABCD	
COMPETENCIA	CAPACIDADES	DESEMPEÑO
LEE DIVERSOS TIPOS DE TEXTOS EN INGLÉS COMO LENGUA EXTRANJERA.	Obtiene información del texto escrito	Obtiene información relevante y complementaria ubicada en distintas partes del texto en inglés con vocabulario variado.

1° PART

- A. PLAY THE GAME AND PRACTICE FOOD VOCABULARY.** Juega el siguiente juego y practica vocabulario de alimentos.

<https://quizlet.com/ar/511011275/healthy-food-flash-cards/>

- B. CLASIFY THE FOODS BELOW AS HEALTHY OR UNHEALTHY.** Clasifica las siguientes como saludables o no saludables.

HEALTHY FOOD
(Good food for your body)

Fruits


SEEDS


PROCESSED FOOD


FRUITS

UNHEALTHY FOOD
(Not good food for your body)


FIZZY DRINKS


SWEETS


VEGETABLES

- C. MATCH THE EMOTICON WITH CORRECT PHRASE.** Relaciona el emoticón con la frase correcta


A


B


C


D


E

1. It's delicious! **A**

4. I like it.

2. I don't like it.

5. "Causa" is my favourite dish.

3. I'm hungry.

2° PART

A. READ ABOUT FOUR FAMILIES AND THEIR FAVORITE DISH.

1

Hi! I'm Carlos. During the lockdown, my family likes cooking together. We love salads. To make a salad, we need tomatoes, lettuce, lemons, onions, peppers, oil and salt. I like vegetables! They are delicious and healthy.



 Tomatoes
  Lettuce
  Lemons
  Peppers
  Salt
  Oil

2



Hello, I'm Rosa. During the lockdown, I like cooking with my children. We love chocolate. To make chocolate cake, we need flour, cocoa, sugar, eggs and vanilla. Remember, sugar is unhealthy if you eat too much of it.

 Flour
  Cocoa
  Sugar
  Eggs
  Cake
  Vanilla

3

Hi! I'm Victor. During the lockdown, we like cooking together. To make a hamburger and a salad, we need meat for the hamburger, tomatoes and lettuce for the salad. We don't like ketchup on the hamburger. Ketchup is unhealthy. We are hungry!



 Meat
  Lettuce
  Ketchup
  Hamburger
  Tomatoes

4



Hello, I'm Lucia. During the lockdown, I like cooking with my brothers and sisters. "Ceviche" is my favourite dish. It's healthy. To make "Ceviche", we need fish, lemons, onions, sweet potatoes, garlic and salt.

 Fish
  Lemons
  Garlic
  Onions
  Sweet potatoes
  Salt

B. LET'S UNDERSTAND!

ANSWER THE QUESTIONS.

- What do you need to make a chocolate cake?
We need flour, cocoa, sugar, vanilla and eggs.
- What do you need to make "Ceviche"?
- What do you need to make a hamburger?
- What do you need to make a salad?

CHOOSE TRUE OR FALSE.

- | | | |
|---|------|--|
| 1. Rosa likes cooking with her mother. | TRUE | ☒ FALSE |
| 2. Rosa needs flour to make her cake. | TRUE | FALSE |
| 3. Lucia likes cooking with her brothers and sisters. | TRUE | FALSE |
| 4. Lucia and her brothers and sisters will make "Ceviche". | TRUE | FALSE |
| 5. Carlos loves chocolate cake. | TRUE | FALSE |
| 6. Carlos' family like cooking together. | TRUE | FALSE |
| 7. Victor needs peppers for his salad. | TRUE | FALSE |
| 8. Carlos, Rosa, Victor and Jorge like cooking during the lockdown. | TRUE | FALSE |

3° PART

A. MATCH THE SHOPPING LIST WITH THE CORRECT DISH. Relaciona la lista de compras con el plato correcto.

A

Shopping list

- ☒ Fish
- ☒ Onions
- ☒ Lemon
- ☒ Salt
- ☒ Lettuce
- ☒ Corn
- ☒ Sweet potatoes

1. "Arroz con pollo"



C

Shopping list

- ☒ Corn
- ☒ Potatoes
- ☒ Sweet potatoes
- ☒ Broad beans
- ☒ Meat
- ☒ Pork
- ☒ Cuy

B

Shopping list

- ☒ Lettuce
- ☒ Broad beans
- ☒ Cheese
- ☒ Corn
- ☒ Tomatoes

2. "Ceviche"



D

Shopping list

- ☒ Chicken
- ☒ Peas
- ☒ Rice
- ☒ Carrots
- ☒ Coriander

3. "Pachamanca"



4. "Solterito"



4° PART

B. WRITE YOUR OWN SHOPPING LIST ABOUT A DIFFERENT DISH. Escribe tu propia lista de compras acerca de un plato diferente.

" _____ "

SHOPPING LIST

-
-
-
-
-
-
-
-