



## UNIT 6 : EAT WELL, LIVE WELL."

I.E. 2095 "Herman Busse de la Guerra"  
UGEL 02 - Los Olivos

Grade: \_\_\_\_\_

Section: \_\_\_\_\_

Subject: English

Teacher: Erika Avalos

**Competence**

Se comunica oralmente en inglés

**Purpose:**

Escuchar y comprender una entrevista sobre los super alimentos, identificar el vocabulario e información específica para elaborar una lista de compras.

### A HEALTHY SHOPPING LIST.

#### LEAD IN

Look at the pictures and complete:

a - an - some



\_\_\_\_\_ sugar



\_\_\_\_\_ tomato



\_\_\_\_\_ cup of coffee



\_\_\_\_\_ flour



\_\_\_\_\_ oranges



\_\_\_\_\_ onion



\_\_\_\_\_ head of lettuce



\_\_\_\_\_ glass of orange juice

### LISTEN THE AUDIO AND COMPLETE.

**Interviewer:** Welcome, Julio. It's a pleasure to have you here.

**Julio:** The pleasure is mine. Thanks for your \_\_\_\_\_.

**Interviewer:** Julio, how do you feel after winning the international contest "An Idea to Change History 2019" by the History \_\_\_\_\_?

**Julio:** I am proud and excited, \_\_\_\_\_ people from Peru and other countries supported the idea so much on the web.

**Interviewer:** Why do you think people liked the idea of \_\_\_\_\_?

**Julio:** Nutri H produces \_\_\_\_\_ made of superfoods from my country in order to fight \_\_\_\_\_.

**Interviewer :** Superfoods from Peru??? What kind of \_\_\_\_\_ does it include?

**Julio:** Quinoa and \_\_\_\_\_ are two of the superfoods, but the most important \_\_\_\_\_ is blood.

**Interviewer:** How did you come up with this \_\_\_\_\_?

**Julio:** When I was young, I suffered from \_\_\_\_\_. My mother gave me chicken blood to help me. Anemia is a common disease in \_\_\_\_\_, where I am from, and throughout Peru. When I was studying at the university, I decided to work on creating a cookie that could decrease anemia levels in \_\_\_\_\_.

**Interviewer :** How did your family face \_\_\_\_\_ your achievement?

**Julio:** My mom always cared about healthy \_\_\_\_\_. That helped me a lot.

**Interviewer:** Do you have any advice for young people?

**Julio:** Eat \_\_\_\_\_ because we are what we eat.

## LET'S PRACTISE!

### LISTENING COMPREHENSION

#### PRACTISE-EXERCISE 1

Listen to Julio Garay's interview and mark T (true) or F (false).

1. Julio Garay isn't proud and excited	true	false
2. The most important ingredient in the cookies is the quinoa	true	false
3. His mother gave him chicken blood to help him	true	false
4. Anemia isn't a common disease in Ayacucho	true	false
5. Julio suffered anemia.	true	false
6. Julio thinks healthy eating is not important.	true	false
7. Nutri H produces cookies made of superfoods	true	false
8. Nutri H produces cookies made from superfoods such as quinoa, cacao and blood.	true	false

### COMPLETE WITH : SOME, A ,AN

At home, we usually eat healthy food to prevent diseases. I'm in charge of buying groceries, for this reason I looked for some information about healthy food. Last time I went to the supermarket, I bought (1) \_\_\_\_\_ corn, (2) \_\_\_\_\_ potatoes, (3) \_\_\_\_\_ carrot and (4) \_\_\_\_\_ head of lettuce. About fruit I got (5) \_\_\_\_\_ apple, and (6) \_\_\_\_\_ mangoes and bananas. I usually eat (7) \_\_\_\_\_ orange every morning. Tubers and grains are also important, so I bought (8) \_\_\_\_\_ kilo of tomatoes, sweet potatoes and (9) \_\_\_\_\_ oatmeal and quinoa.