

Student's name: _____ Class: _____

ACTIVITY 1: Eating healthy

COMPETENCIA

Lee diversos tipos de textos en inglés como lengua extranjera.

PROPÓSITO

Leer texto sobre el efecto de los alimentos que ingerimos en nuestro organismo e identifica información específica.

CRITERIO DE EVALUACIÓN

Obtiene información relevante del texto sobre el efecto de los alimentos que ingerimos en nuestro organismo y responde a ejercicios de comprensión.

¿QUÉ HAREMOS?

- ✓ Identifica grupos alimenticios.
- ✓ Lee texto y responde verdadero y falso.
- ✓ Completa alimentos según grupo alimenticio.
- ✓ Completa oraciones con a, an y some.

LET'S OBSERVE! Match the food group with the correct picture.



LET'S LISTEN AND READ! Listen to and read the article.

You are what you eat

Over this past year, eating healthy is more important than ever. The food we eat affects how we feel and the way our body functions. Moreover, healthy foods help our immune system function effectively.

It is important to eat a variety of food groups because they provide the body with important nutrients. Fruits and vegetables offer a lot of vitamins, minerals and fiber. Grains, nuts, and healthy fats, like olive oil, can support our immune system and reduce inflammation. Beans and peas can reduce the risk of diseases like diabetes.

Obesity and overweight have been increasing in the past years. In addition to making healthy food choices, it is also important to exercise. Exercise is good for both our physical and mental health.

We are responsible for protecting ourselves. Eat healthy, exercise, and live better.



LET'S UNDERSTAND! Exercise 1: Write true or false

1. It is important to eat different groups of food. _____
2. Oranges and onions offer vitamins, minerals and fiber. _____
3. Rice and avocado help to reduce inflammation. _____
4. Obesity and overweight have reduced in the last years. _____
5. Eating healthy doesn't help in our lives. _____

UNDERSTAND-EXERCISE 2: Complete the chart.

	VITAMINS – MINERALS - FIBER	REDUCE INFLAMMATION
FRUIT		
GRAINS		
VEGETABLES		
FATS		Olive oil



UNDERSTAND-EXERCISE 3: Read the table and **complete** the sentences with “a”, “an” or “some”.

Countable nouns:
possible to count.
Singular: ONE
a(n) + singular countable
noun.
Plural: TWO or MORE
some + plural countable
nouns.

COUNTABLE NOUNS		UNCOUNTABLE NOUNS
Singular	Plural	
a carrot	some carrots	quinoa
an avocado	Some avocados	some quinoa

Uncountable nouns:
Impossible to
count some +
uncountable
nouns.

Example: I buy an orange and some milk for my breakfast. I need some eggs for lunch.

- We have some lemons, _____ carrot, and _____ rice on the table.
- I want _____ cheese and _____ fish, mum.
- I'm hungry. I want to eat _____ bread and drink _____ glass of juice.
- I have to buy _____ apple, _____ wheat flour, and _____ quinoa for lunch.

GLOSSARY

INGLÉS

- blood
- dice
- diseases
- eating healthy
- immune system
- lime juice
- recipe
- squeeze
- Superfoods
- to come up with
- couple of minutes

CASTELLANO

- sangre
- cortar en dados
- enfermedades
- comer saludable
- sistema inmunológico
- jugo de limón
- receta
- exprimir
- Super alimentos
- pensar una idea
- un par de minuto



¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer el vocabulario relacionado con alimentos?

SÍ - NO

2. ¿Puedo comprender información específica al leer un artículo simple en inglés?

SÍ - NO

3. ¿Puedo diferenciar los sustantivos contables y no contables relacionados con alimentos?

SÍ - NO