

CARPETA DE RECUPERACIÓN

4º GRADO SECUNDARIA- 2020

ÁREA DE INGLÉS

READING COMPREHENSION

RESPONSIBLE TEACHERS: SONIA CHAUCA ROSALES y LUCY MUÑOZ GUERRA

Activity 1:

Identifying Symptoms of Covid-19 in the infographic



COVID -19

Novel Coronavirus

HOW IT'S SPREAD

Person-to-person by respiratory droplets.



SYMPTOMS



Cough



Fever



Shortness of breath



Headache



Confusion



Sore throat

PREVENTION



Wash your hands with soap for 20 seconds



Use an alcohol-based hand sanitizer



Cover your cough or sneeze with a tissue



Avoid touching your eyes, nose and mouth



Avoid contact with sick people



Disinfect frequently touched objects

Union County Division of Public Health

Complete the table choosing the selection from the information of the Infographic.

TITLE OF THE INFOGRAPHIC	
SYMPTOMS OF COVID-19	
INSTRUCTIONS	

Activity 2:

A Balanced diet: Foods and Superfoods

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Match the words with the superfood picture. Follow the example:

"Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that our body needs.



1 Artichoke

2

3

4

~~Maca~~

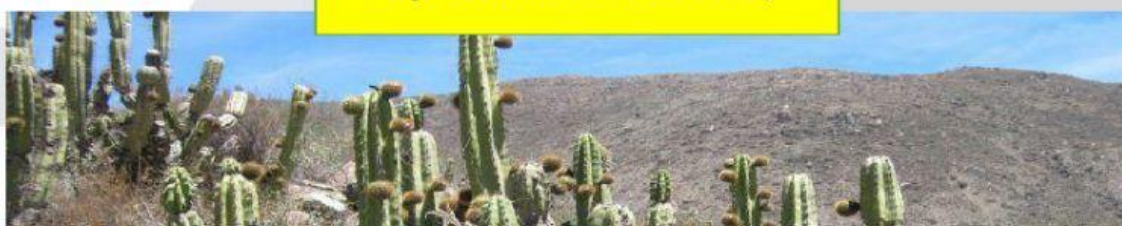
Golden berry

~~Artichoke~~

Avocado

EXERCISE 2: Choose the words that complete the text

Superfood from Peru: Sanky



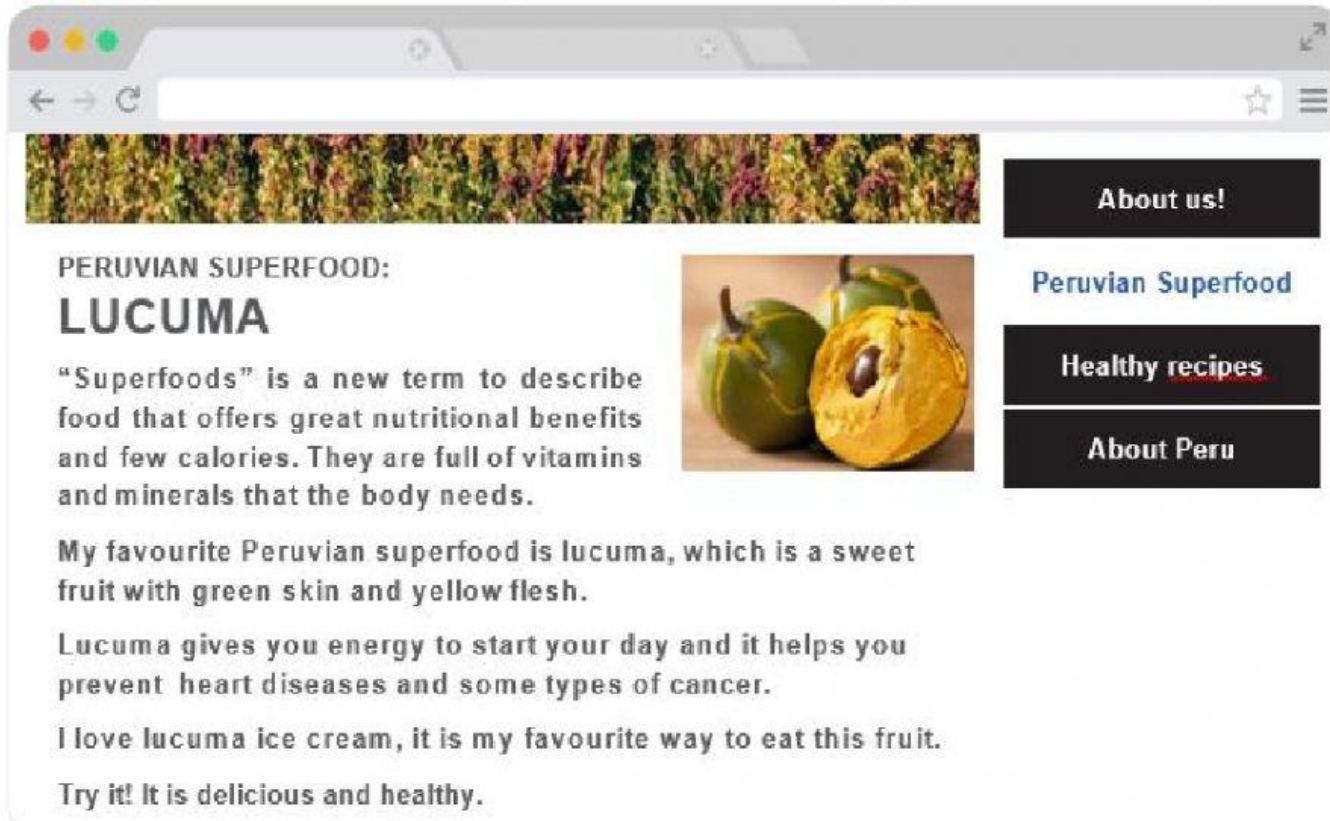
Superfood is a food which _____ and is _____ and that helps to _____.
My favourite Peruvian superfood is _____ because it is a _____, juicy, acid, round and
with spines fruit that has green skin and yellow.

Sanky is an _____ that grows in the Andes is very rich in vitamin C, acts as a powerful
antioxidant and has a large amount of minerals such as calcium, phosphorus and
potassium.

Is beneficial to _____ diseases of the liver, stomach and cancer, treats constipation,
diabetes, asthma, osteoporosis, stress, arthritis and fibroids. It is also beneficial for skin and
hair loss.

Sanky is ideal to strengthen _____ and makes us stronger against diseases.
_____ that you try the peeled Sanky directly or you can combine it with other fruits to
makes juices and jams. also because it is very beneficial, healthy and protects you from
Covid-19.

_____, you will improve your health and you will feel like new!



**PERUVIAN SUPERFOOD:
LUCUMA**

"Superfoods" is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.

My favourite Peruvian superfood is lucuma, which is a sweet fruit with green skin and yellow flesh.

Lucuma gives you energy to start your day and it helps you prevent heart diseases and some types of cancer.

I love lucuma ice cream, it is my favourite way to eat this fruit.

Try it! It is delicious and healthy.

About us!

Peruvian Superfood

Healthy recipes

About Peru

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Choose the correct answer for each question according to the blog entry you just read. Follow the example:

- Which of the following does NOT describe superfoods?
 - They offer nutritional Benefits.
 - ☒ They are sweet and tasty.
 - They are full of vitamins.
 - They have few calories.
- Which one is NOT a characteristic of lucuma?
 - It has green skin.
 - It is a fruit.
 - It has white flesh.
 - It is sweet.
- Which options is NOT a benefit of eating lucuma?
 - It makes you taller.
 - It give you energy.
 - It helps prevent some types of cancer.
 - It helps prevent heart diseases.
- According to the blog entry, what is the author's favourite way to eat lucuma?
 - As a dessert.
 - As a cake.
 - With honey.
 - As ice cream.