

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Date: 21/10/2021



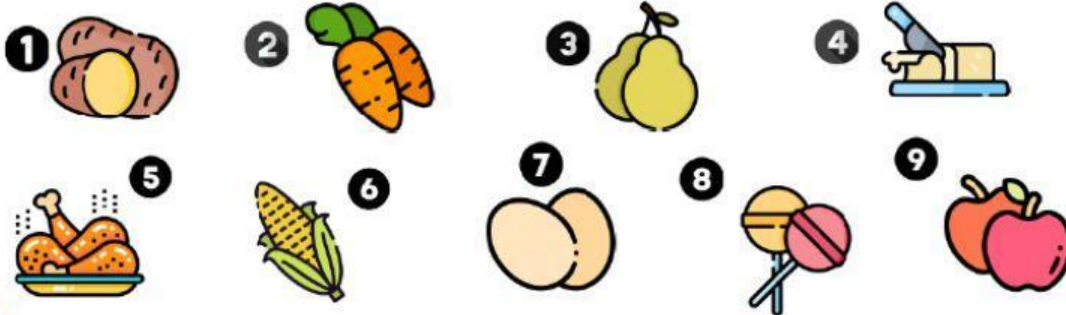
## Activity 1: Eating Healthy



**Goal - Propósito:** Identifica información sobre un texto sobre alimentación saludable.



Match the words and pictures. – Escribe el número de la imagen al lado de la palabra correcta.



- a. \_\_\_\_\_ butter
- b. \_\_\_\_\_ chicken
- c. \_\_\_\_\_ potatoes
- d. \_\_\_\_\_ eggs
- e. \_\_\_\_\_ pears
- f. \_\_\_\_\_ lollipops
- g. \_\_\_\_\_ apples
- h. \_\_\_\_\_ corn
- i. \_\_\_\_\_ carrots



Classify the words in the correct food groups - Clasifica las palabras en el grupo correcto.

tomatoes – apples – corn – eggs – pears – avocado – butter – carrots –  
potatoes – chicken – lollipops – cake – yogurt – olive oil

| Fruits | Vegetables | Proteins | Dairy Products | Fats | Tubers, grains and cereals | Sugar |
|--------|------------|----------|----------------|------|----------------------------|-------|
|        |            |          |                |      |                            |       |
|        |            |          |                |      |                            |       |
|        |            |          |                |      |                            |       |



Listen and read – Escucha el audio y lee el texto.



## YOU ARE WHAT YOU EAT

APRENDO en casa

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



Read the sentences and write True or False – Lee las oraciones y escribe True(verdadero) o False(falso)

- |                                   |   |                                                        |
|-----------------------------------|---|--------------------------------------------------------|
| <input type="text" value="True"/> | → | 1. Eating healthy is important.                        |
| <input type="text"/>              | → | 2. Unhealthy foods helps our immune system.            |
| <input type="text"/>              | → | 3. Food and vegetables offer fats.                     |
| <input type="text"/>              | → | 4. Olive oil can support reduce inflammation.          |
| <input type="text"/>              | → | 5. Obesity and overweight have been reducing.          |
| <input type="text"/>              | → | 6. Exercise is bad for our physical and mental health. |



Complete the chart using the information from the text. Completa el cuadro usando información del texto en el ejercicio 3. Escribe los alimentos en el espacio correcto.

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



Olive oil



lettuce



wheat flour



quinoa



avocado



carrots



bananas



papaya

### OBSERVA EL CUADRO

| COUNTABLE NOUNS<br>(alimentos que se pueden contar; tienen singular y plural)                |                                                                                             | UNCOUNTABLE NOUNS<br>(alimentos que NO se pueden contar fácilmente; no tienen singular ni plural) |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| SINGULAR                                                                                     | PLURAL                                                                                      |                                                                                                   |
| a carrot  | carrots  | quinoa       |
| an onion  | onions   | rice         |

- A – an = un/uno/una
- A se utiliza antes de una palabra que inicia con consonante
- An se utiliza antes de una palabra que inicia con vocal



Complete the chart - Completa el cuadro clasificando los alimentos en el espacio correcto.

a banana – wheat flour – bananas – an apple – olive oil – eggs – butter – apples – an egg

| COUNTABLE NOUNS |        | UNCOUNTABLE NOUNS |
|-----------------|--------|-------------------|
| SINGULAR        | PLURAL |                   |
|                 |        |                   |
|                 |        |                   |
|                 |        |                   |