



LEARNING EXPERIENCE Nº 8  
LET'S CHANGE OUR LIFESTYLE

**Competencia:** Lee diversos tipos de textos escritos en inglés como lengua extranjera.

**Propósito:** Completar textos informativos en inglés sobre super alimentos peruanos, para promover el cuidado de nuestra salud y una mejor condición física.

**FULL NAME:** ..... **GRADE:** ..... **SECTION:** .....

**ACTIVITY 2: PERUVIAN SUPERFOODS**

**I. Unscramble the words**



some quinoa



a c \_\_\_\_\_



some w \_\_\_\_\_ flour



some g \_\_\_\_\_



an a \_\_\_\_\_



a p \_\_\_\_\_

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



Julio Garay is a Peruvian agro-industrial engineer who created **Nutri H, anti-anemia-cookies**.

*Example:*

Julio is an international winner.

T

1. Peruvian people didn't support Julio's idea on the web.
2. Nutri H are cookies made of superfoods.
3. Nutri H fights anemia.
4. Quinoa, wheat flour, chocolate and sugar are some ingredients for the cookies.
5. Blood is the most important ingredient for the cookies.
6. Julio didn't suffer anemia.
7. Julio thinks healthy eating is important.

## II. Complete with "some", "a" or "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 market, I bought (1) \_\_\_\_\_ carrots, tomatoes, onions and (2) \_\_\_\_\_ head of lettuce. About fruit I got (3) \_\_\_\_\_ bananas, oranges and apples. I usually eat (4) \_\_\_\_\_ apple every morning.

Tubers and grains are also important, so I bought (5) \_\_\_\_\_ kilo of potatoes, sweet potatoes and (6) \_\_\_\_\_ quinoa and wheat flour.



## III. Look at the pictures and tick healthy products



## IV. WHAT CAN I DO?



1. ¿Puedo reconocer el vocabulario sobre alimentos? **SÍ - NO**
2. ¿Puedo utilizar el pronombre indefinido "some" y los artículos "a" o "an" al referirme a alimentos? **SÍ - NO**
3. ¿Puedo identificar el vocabulario relacionado con alimentos al leer una lista de compras?  
**SÍ - NO**