

FULL NAME:

LEARNING EXPERIENCE 8

English: Level A2

## Let's Change Our Lifestyle

### Activity 3: Peruvian Recipe!

**PURPOSE:** Escribe una receta de un plato típico en su blog donde los estudiantes explican qué hacen para proteger su salud al preparar un plato típico peruano.



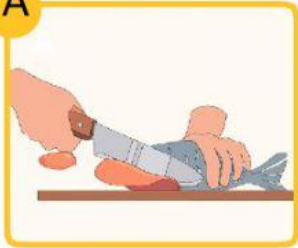
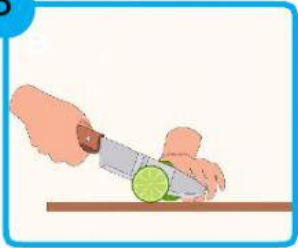
| COMPETENCIA                            | CAPACIDAD                                                                                                               | DESEMPEÑO                                                                       |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Obtiene información del texto escrito. | - Lee diversos tipos de texto instructivos en inglés que presentan instrucciones para preparar un plato típico peruano. | -Identifican los verbos y los conectores para preparar un plato típico peruano. |



### Activity 3: Peruvian recipe!

#### LEAD IN!

Match the pictures and phrases.

|                                                                                                 |                                                                                                 |                                                                                                   |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>A</b><br> | <b>B</b><br> | <b>C</b><br> |
| <b>D</b><br> | <b>E</b><br> | <b>F</b><br> |
| cook the fish in<br>the lime juice                                                              | dice the fish into<br>small pieces/squares                                                      | wash the fish                                                                                     |
| cut the limes in<br>half                                                                        | squeeze the limes                                                                               | boil the sweet<br>potatoes                                                                        |

\* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

DIRECCIÓN DE EDUCACIÓN SECUNDARIA



## LET'S PRACTICE!

## LISTENING COMPREHENSION PRACTISE-EXERCISE 1

Listen to and complete the recipe using the following verbs .

Cut - wash - squeeze – dice – boil – put (x2) – cook.

○ ○ ○  
**APRENDO**  
◇ ▲ en casa



Hello, people! Today, in our blog we are going to make a delicious and nutritious dish. Cebiche is healthy, juicy, delicious, and nutritious. It's one of the most popular dishes in Peru. In fact, to eat this unique dish you can go to an exclusive restaurant or enjoy it at home by making your own cebiche. Today we will show you how to prepare this delightful dish. These are the ingredients

**CEBICHE****INGREDIENTS**

- One kilo of fish
- One red onion
- ½ kilo of lemon
- One chili pepper
- One kilo of sweet potatoes
- Salt to taste



Are you ready? Let's cook our delicious cebiche.

**First,** (1) \_\_\_\_\_ the fish and (2) \_\_\_\_\_ it into small squares. After that, (3) \_\_\_\_\_ the fish in a glass bowl.

**Then,** (4) \_\_\_\_\_ the lemons, (5) \_\_\_\_\_ them and pour the juice in a cup.

**Next,** cut the onions and chili pepper. (6) \_\_\_\_\_ the fish, onions and hot pepper in a glass bowl, **and then,** pour the lime juice in the bowl and (7) \_\_\_\_\_ in the lime juice for 20 minutes. While the fish is cooking, (8) \_\_\_\_\_ the sweet potatoes until they are soft.

**Finally,** remove the fish from the bowl and add some salt. Slice the sweet potatoes and serve with the fish.

Taken from:  
<https://bit.ly/2T2gg8X>

# LET'S PRACTICE!

## LISTENING COMPREHENSION PRACTISE-EXERCISE 1

Listen to and complete the recipe using the following verbs .

cut - wash - fry (2) – slice(x2) – put (x2) – add- cook ( x2) - peel



Hello, people! Today, in our blog we are going to make a delicious and nutritious dish.

Lomo saltado is healthy, juicy, delicious, and nutritious. It's one of the most popular dishes in Peru. In fact, to eat this unique dish you can go to an exclusive restaurant or enjoy it at home by making your own Lomo saltado. Today we will show you how to prepare this delightful dish. These are the ingredients



### Creole Lomo saltado

#### INGREDIENTS

- Three red onions
- 3 tomatoes
- ½ kilo of potatoes
- 1/4 kilo of Sirloin steak
- 2 yellow chilli peppers
- Two cloves of garlic
- Red vinager
- Sillau
- Salt to taste
- Rice
- Cilantro
- Oil
- Ajinomoto

Are you ready? Let's cook our tasty Lomo saltado.

First, (1)\_\_\_\_\_ the potatoes.

After that, (2)\_\_\_\_\_ the potatoes.

Then, (4)\_\_\_\_\_ the potatoes for fries, and (5) \_\_\_\_\_ them in a Pan.

Next, (6) \_\_\_\_\_ paste garlic , and then, add and (7) \_\_\_\_\_ the sirloin steak until it sweats. Add half cup of water , a teaspoonful of Vinegar and sillau ; While the meat is cooking, (8) \_\_\_\_\_ the onions , tomatoes, yellow chilli peppers and chop the cilantro and (8) \_\_\_\_\_ them in a bowl and mix them.

Finally, \_\_\_\_\_ them in the pan to \_\_\_\_\_ and add half ajinomoto and When It is ready served with rice.

Taken from:  
<https://bit.ly/2T2gg8X>

## PRACTISE-EXERCISE 2

Complete the steps of a recipe.

| Finally         | Then | And then | Next | First |
|-----------------|------|----------|------|-------|
| 1. <u>First</u> |      |          |      |       |
| 2. _____        |      |          |      |       |
| 3. _____        |      |          |      |       |
| 4. _____        |      |          |      |       |
| 5. _____        |      |          |      |       |

1. First, beat the eggs. Use two or three eggs per omelette.  
 2. \_\_\_\_\_, melt a piece of butter in a pan for each omelette.  
 3. \_\_\_\_\_, add the eggs to the pan.  
 4. \_\_\_\_\_, cook them for a couple of minutes.  
 5. \_\_\_\_\_, fold it and serve it in a plate.

## PRACTISE-EXERCISE 3

## CHOOSE THE CORRECT VERBS OF COOKING














## CHOOSE THE CORRECT NAMES



## PRACTISE-EXERCISE 4

Match the pictures with the words

- |             |                          |
|-------------|--------------------------|
| 1. Peel     | a. The milk in the bowl. |
| 2. Slice    | b. The salt .            |
| 3. Sprinkle | c. The garlic            |
| 4. Pour     | d. The potatoes          |
| 5. Blend    | e. The onions.           |

**Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas más. ¿Lo puedes hacer?**



1. ¿Puedo reconocer el vocabulario para dar indicaciones en una receta en inglés?  
**SÍ - NO**

2. ¿Puedo identificar el uso y significado de conectores de secuencia en una receta?  
**SÍ - NO**