



PERÚ

Ministerio
de EducaciónAPRENDO
en casa

ENGLISH LEVEL - PRE A1

Week 15

"Healthy Food"

CUAL ES PROPÓSITO DE LA SESIÓN DE HOY: Leeremos con ayuda de imágenes conversaciones sobre alimentos saludables. Identificaremos las frases y el vocabulario que se utilizan. Luego, elaboraras una lista de compras en inglés.

1

LET'S OBSERVE AND READ

SHOPPING LIST:

Match the foods in the shopping list with the correct picture.



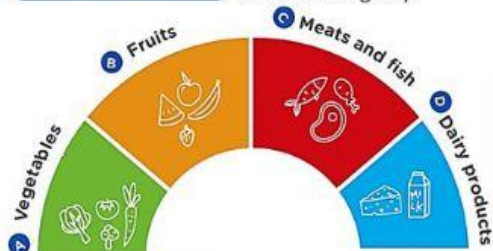
SHOPPING LIST

- Milk G
- Potatoes _____
- Apples _____
- Chicken _____
- Oranges _____
- Fish _____
- Peppers _____
- Butter _____



FOOD GROUPS:

Match the pictures of food with the correct food group.



B



C

READ:

Read the texts. What food Rosa and Victor like?

Mom: Rosa, let's buy some **vegetables** today!
Rosa: Great idea, mom. I like vegetables! They help your digestion.
Mom: What vegetables do you like?
Rosa: I like broccoli, carrots, lettuce, peppers and potatoes.

1

Conversation 1



SHOPPING LIST

Broccoli Carrots Lettuce Peppers Potatoes



2

Conversation 2



Dad: Victor, let's buy some **meats** and **fish** today!
Victor: Great idea, dad. I love meats and fish! They give you energy and protein.
Dad: What meats or fish do you like?
Victor: I like fish, steak, ham, tuna fish and chicken.

SHOPPING LIST

Fish Steak Ham Tuna fish Chicken



2

LET'S UNDERSTAND

CIRCLE: TRUE or FALSE?

- Yoghurt gives you energy and protein. **TRUE** - **FALSE**
- Victor likes dairy products. **TRUE** - **FALSE**
- Carrots are examples of vegetables. **TRUE** - **FALSE**
- Steak gives you energy. **TRUE** - **FALSE**
- Jorge likes carrots and peppers. **TRUE** - **FALSE**
- Vegetables help your digestion. **TRUE** - **FALSE**

3

LET'S PRACTICE

EXERCISE:

Write the numbers and the plural.

- One egg  _____ 
- One pepper  _____ 
- One pineapple  _____ 
- One carrot  _____ 
- One potato  _____ 

4

LET'S CREATE (D.I.Y)



Make a shopping list with the healthy food you like.

EXAMPLE:

MY SHOPPING LIST

Title: _____

Images:  yoghurt (Dairy products) Name of the food

 Lettuce (Vegetables)

 chicken (Meats & fish) Name of the food group

 apples (Fruits)

5

LET'S SHARE

Record your voice and send it to your teacher in WhatsApp

- Hello, Teacher and classmates!
- My name's _____ and my surname's _____.
- I'm _____ years old and this is my shopping list.
- _____
- But I like _____. It's my favorite
- Thank you. Bye-Bye.

