PERÚ Ministerio de Educación

APRENDO en casa
Educación Secundaria

English: Level A1

WEEK 6

Healthy food*

Activity Superfoods (day 2)

LET'S SELF-ASSESS!

¿Qué tanto conoces sobre los alimentos que se producen en el Perú? ¿Puedes comunicar tus ideas y opiniones sobre estos alimentos en inglés? Expresa cuánto sabes en inglés con las frases en la parte superior de la tabla. Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas o incorrectas, lo importante es que seas honesta/o contigo misma/o al responder.

	¿Lo puedo hacerlo?	No, necesito ayuda	Un poco, pero necesito ayuda	Sí puedo	Sí puedo y muy bien
1.	¿Puedo identificar información específica sobre los superfoods del Perú al leer un texto simple en inglés?				
2.	¿Puedo reconocer alimentos considerados superfoods en inglés?				
3.	¿Puedo formular preguntas pidiendo información de los superfoods del Perú?				
4.	¿Puedo elaborar un folleto describiendo los superfoods del Perú en inglés usando vocabulario clave?				
5.	¿Puedo pronunciar correctamente las palabras y con una entonación adecuada un texto en inglés al leerlo en voz alta?				

* Material elaborado en colaboración con el British Council y RELO Andes de la Embajada de Estados Unidos.

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Match each word in the box to the correct picture. Follow the example:

A _____

1. lake
2. coast
3. rainforest
4. highlands
5. all year round
6. jungle

B _____

C _____

D _____

E _____

F _____

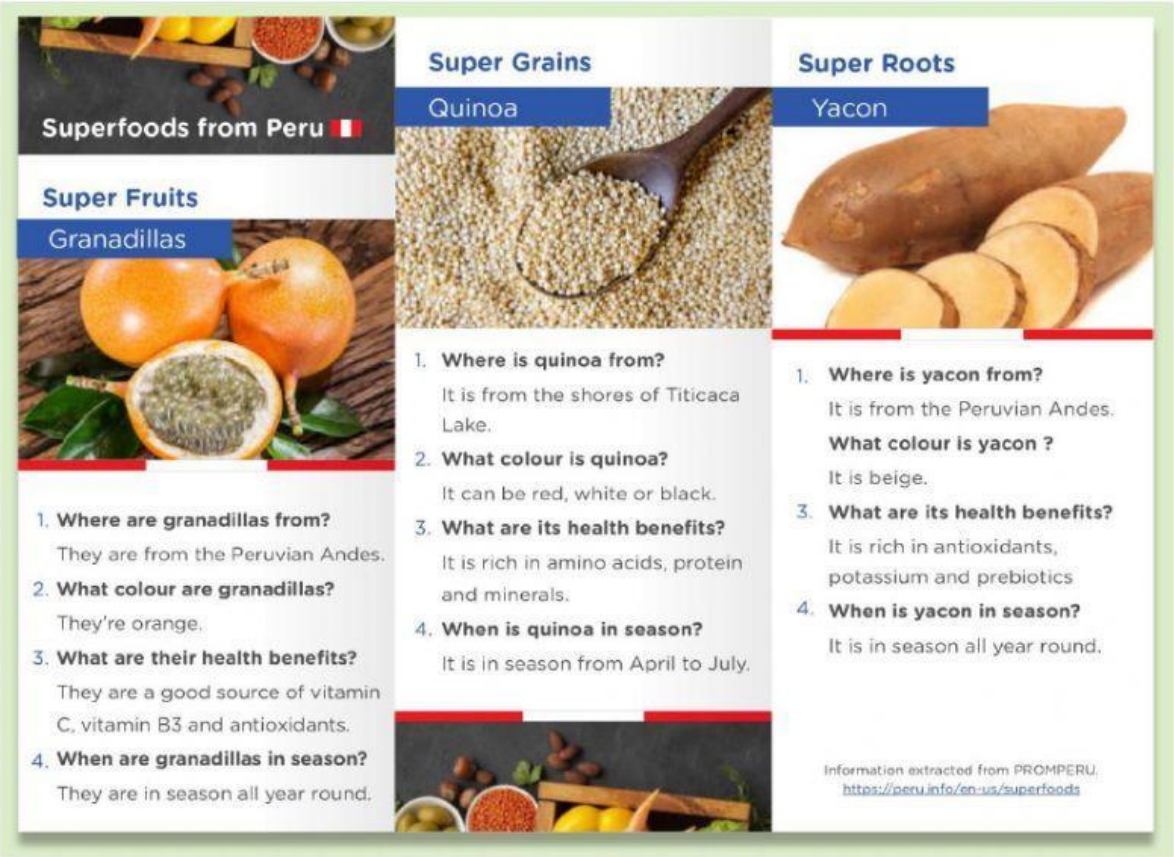
OBSERVE - EXERCISE 2

Match the title to the superfood group it describes. Follow the example:

READ

Read the brochures about "Superfoods from Peru".

BROCHURE 1



Superfoods from Peru

Super Fruits

Granadillas

1. **Where are granadillas from?**
   They are from the Peruvian Andes.
2. **What colour are granadillas?**
   They're orange.
3. **What are their health benefits?**
   They are a good source of vitamin C, vitamin B3 and antioxidants.
4. **When are granadillas in season?**
   They are in season all year round.

Super Grains

Quinoa

1. **Where is quinoa from?**
   It is from the shores of Titicaca Lake.
2. **What colour is quinoa?**
   It can be red, white or black.
3. **What are its health benefits?**
   It is rich in amino acids, protein and minerals.
4. **When is quinoa in season?**
   It is in season from April to July.

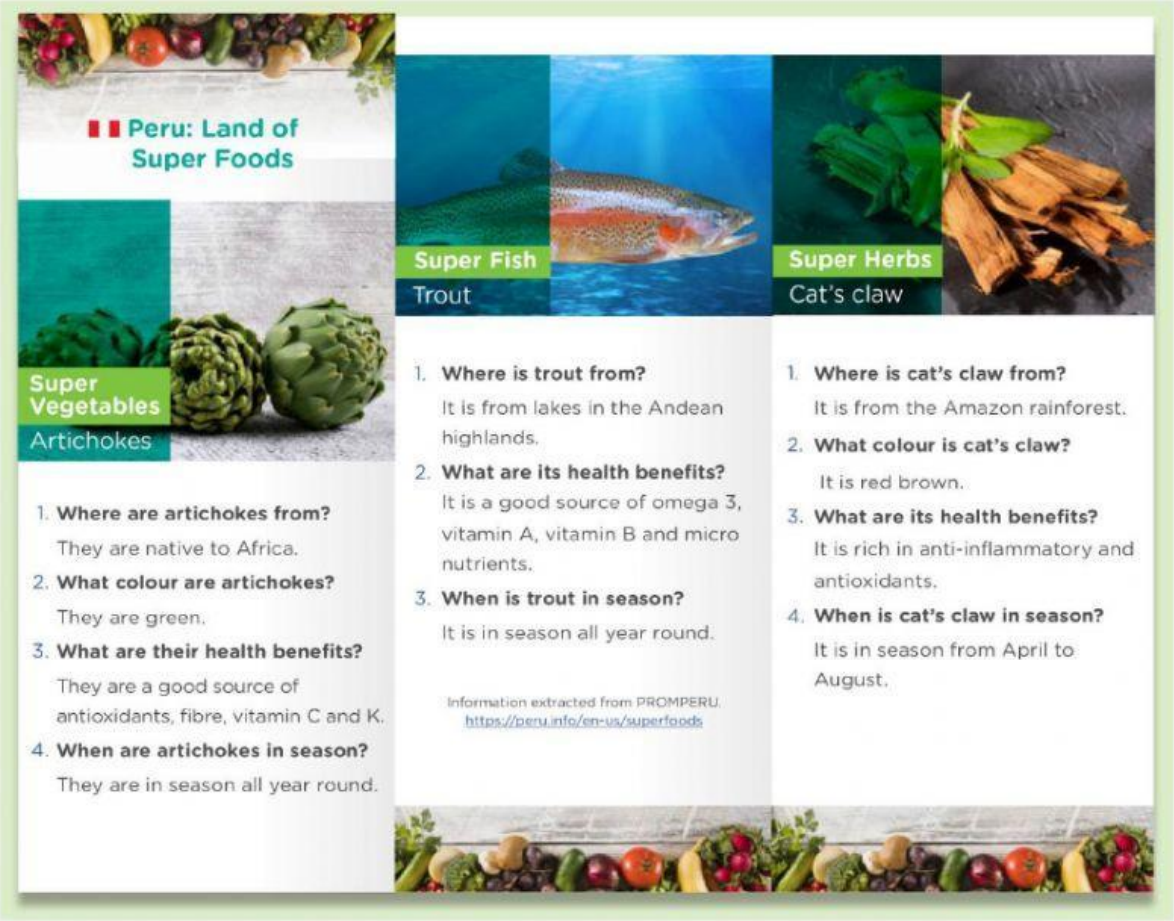
Super Roots

Yacon

1. **Where is yacon from?**
   It is from the Peruvian Andes.
   What colour is yacon ?
   It is beige.
3. **What are its health benefits?**
   It is rich in antioxidants, potassium and prebiotics
4. **When is yacon in season?**
   It is in season all year round.

Information extracted from PROMPERU.
https://peru.info/en-us/superfoods

BROCHURE 2



Peru: Land of Super Foods

Super Vegetables
Artichokes

1. **Where are artichokes from?**
   They are native to Africa.
2. **What colour are artichokes?**
   They are green.
3. **What are their health benefits?**
   They are a good source of antioxidants, fibre, vitamin C and K.
4. **When are artichokes in season?**
   They are in season all year round.

Super Fish
Trout

1. **Where is trout from?**
   It is from lakes in the Andean highlands.
2. **What are its health benefits?**
   It is a good source of omega 3, vitamin A, vitamin B and micro nutrients.
3. **When is trout in season?**
   It is in season all year round.

Information extracted from PROMPERU.
https://peru.info/en-us/superfoods

Super Herbs
Cat's claw

1. **Where is cat's claw from?**
   It is from the Amazon rainforest.
2. **What colour is cat's claw?**
   It is red brown.
3. **What are its health benefits?**
   It is rich in anti-inflammatory and antioxidants.
4. **When is cat's claw in season?**
   It is in season from April to August.

¡NOTEMOS ALGO!

¿Recuerdas en qué casos usar **IT IS** o **THEY ARE**?

Claro que te acuerdas, usaste "they are" cuando aprendimos sobre los integrantes de familias en inglés. Ahora aprenderemos cómo usarlo cuando hablamos de alimentos.

Observa los siguientes ejemplos:

SINGULAR

A: Where **is** the granadilla from?

B: It **is** from the Peruvian Andes.

PLURAL

A: Where **are** granadilla**s** from?

B: They **are** from the Peruvian Andes

NO CONTABLES

A: When **is** quinoa in season?

B: It **is** in season from April to July.

¿Puedes identificar más ejemplos en los folletos? Encontrarás ejemplos para el **PLURAL** y para los **NO CONTABLES**. Escríbelos aquí:

PLURAL

Pregunta: _____?

Respuesta: _____?

NO CONTABLES

Pregunta: _____?

Respuesta: _____?

¿Qué podemos concluir?

Completa la conclusión con las siguientes palabras:

IS **ARE** **IT IS** **IT IS** **THEY ARE**

Oraciones afirmativas:

Para oraciones afirmativas y referirnos a un objeto o alimento en singular, utilizamos "_____" (1) y para referirnos a más de un objeto o alimento utilizamos "_____" (2). Para referirnos a los alimentos no contables utilizamos "_____" (3)

Preguntas:

Cuando formulamos preguntas, los verbos "_____" (4) o "_____" (5) van **antes** del objeto o alimento.

OJO: En inglés hay algunos alimentos que no se pueden escribir en forma plural como por ejemplo 'trout', 'corn', 'purple corn', 'muña', 'cat's claw', 'cañihua', 'maca' y 'quinoa'. ¿Recuerdas en la semana 5 vimos otros como flour, salt, rice, milk, oil, and butter? Están en la página 7 de la semana 5.

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

A. Complete the chart with a check (✔). Follow the example:

	Food	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
1.	Trout	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
2.	Quinoa												
3.	Artichokes												
4.	Cat's claw												

B. Answer the questions using the information in **A.** Follow the example:

1. When is trout in season?
   They're in season **all year round**.
2. When is quinoa in season?
   It's in season from _____ to _____.
3. When are artichokes in season?
   They're in season _____.
4. When is cat's claw in season?
   It's in season from _____ to _____.

UNDERSTAND - EXERCISE 2

Match the questions with the correct answer. There is ONE **extra** answer. Follow the example:

1. Where is yacon from?
2. What are artichoke health benefits?
3. What colour is quinoa?
4. Where are cat's claw from?
5. When are granadillas in season?
6. What are trout health benefits?

____ **a)** They are a good source of omega 3, vitamin A, vitamin B and micro nutrients.
____ **b)** It is red, white or black.
__1__ **c)** It is from the Peruvian Andes.
____ **d)** It is from lakes in the Andean highlands
____ **e)** It is from the Amazon rainforest.
____ **f)** They are a good source of antioxidants, fibre, vitamin C and K.
____ **g)** They are in season all year round.

LET'S PRACTISE!

PRACTISE - EXERCISE 1

Complete the questions with "IS" or "ARE and the answers with "IT IS" or "THEY ARE". Follow the example:

Sweet peppers

Purple corn

LOOK!

What? : ¿Qué?
When? : ¿Cuándo?
Where? : ¿Dónde?

1
A: Where **are** sweet peppers from?
B: **They are** from the central coast of Peru.

2
A: When _____ purple corn in season?
B: _____ in season in April, November and December.

3
A: What colour _____ sweet peppers?
B: _____ red, yellow, orange or green.

4
A: When _____ sweet peppers in season?
B: _____ in season all year round.

5
A: Where _____ purple corn from?
B: _____ the Peruvian Andes.

6
A: What colour _____ purple corn?
B: _____ purple.

PRACTISE - EXERCISE 2

Complete the questions and answers with the words in the box. **Look** at the chart. Follow the example:

1
A: **What** colour is maca?
B: **It's** black, red or yellow.

2
A: _____ are cherimoyas in season?
B: _____ in season from April to August.

3
A: _____ food group are olives in?
B: _____ in super fruits.

4
A: _____ is sacha inchi from?
B: _____ from the Peruvian Amazon.

5
A: _____ food groups is quinoa in?
B: _____ in super grain.

6
A: _____ colour are granadillas?
B: _____ orange.

7
A: _____ are yuccas in season?
B: _____ in season all year round.

8
A: _____ are golden berries from?
B: _____ from the Peruvian Andes.