



PERÚ

Ministerio
de Educación



English: Level A1

I LEARN
at home

Educación Secundaria

WEEK 6

Healthy food*

Activity 1

Superfoods (day 2)

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:

SUPERFOODS FROM PERU

A

Super Fruits

Peruvian native fruits are rich in vitamins and antioxidants.

B

Super Vegetables

They are rich in vitamins and minerals to keep us healthy.

C

Super Tubers - roots

They give you energy and they are a good source of protein, carbs and amino acids.

D

Super Grains

Andean grains are rich in protein, fat, starch and amino acids.

E

Super Herbs

Aromatic herbs are medicinal plants. They are rich in antioxidants.

F

Super Capsicum

Peru has a wide variety of these Andean superfoods. They are very rich in nutrients.

G

Super Fish

Fish is a good source of Omega.

1 _____



Native chilli pepper Sweet pepper

4 _____



Asparagus Artichoke

2 _____



Tangerine Pomegranate Cherimoya

5 _____



Chia Purple corn Quinoa

3 _____



Muña Cat's claw

6 _____



Mesquite Maca Yacon

7 _____



Chub mackarel Tuna Shrimp

3

READ

Read the brochures about "Superfoods from Peru".

BROCHURE 1



SUPERFOODS FROM PERU

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.
2. **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** granadillas 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:

- When is trout in season?
They're in season all year round.
- When is quinoa in season?
It's in season from _____ to _____.
- When are artichokes in season?
They're in season _____.
- 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:

- Where is yacon from?
- What are artichoke health benefits?
- What colour is quinoa?
- Where are cat's claw from?
- When are granadillas in season?
- 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



1

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

4

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

2

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

5

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

3

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

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.

5

A: _____ food groups is quinoa in?

B: _____ in super grain.

2

A: _____ are cherimoyas in season?

B: _____ in season from April to August.

6

A: _____ colour are granadillas?

B: _____ orange.

3

A: _____ food group are olives in?

B: _____ in super fruits.

7

A: _____ are yuccas in season?

B: _____ in season all year round.

4

A: _____ is sachu inchi from?

B: _____ from the Peruvian Amazon.

8

A: _____ are golden berries from?

B: _____ from the Peruvian Andes.



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