



APRENDO *English*

en casa
A BALANCED DIET

Objective:

- Today we'll use adverbs of frequency to describe our eating habits

Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil

1. VOCABULARY: Match the type of food with its group.

A balanced diet should include:

THE 5 GROUPS OF FOOD

1. FRUITS
2. DAIRY
3. GRAINS
4. PROTEIN
5. VEGETABLES

- a) Meat, fish, eggs and chicken
- b) Rice, cereals, bread and pasta
- c) Yogurt, milk, soy milk and cheese
- d) Broccoli, carrots, pepper and lettuce
- e) Orange, berries, pineapple and melon



2.- DO YOU AGREE? Select the opinion you agree with in order to have a balanced diet.

Eat a variety of foods from different food groups.

Eat only one type of food.

Don't eat vegetables or fruit. It's disgusting.

Eat plenty of fruits and vegetables.

Consume whole grains, nuts and fats such as olive oil.

Never consume fats. You might gain too much weight.

It is not necessary to wash your food.

Practice good food hygiene, especially during this pandemic.

Drink soda. It tastes better than water.

Drink water regularly.



3. **GRAMMAR:** Check the following **FREQUENCY ADVERBS** and read the examples.

With the **FREQUENCY ADVERBS** we express the frequency of the activities we do or we don't.



PRACTICE:

How often do you check your Facebook account? I **sometimes** check my Facebook account.

How often do you check your TikTok account? _____

How often do you eat pizza? _____

How often do you drink soda? _____

How often do you eat vegetables? _____

4. **READ:** Read about Lisa's and Fernando's problem and their eating habits.

LISA: My eating habits

Breakfast:

For breakfast, I **usually** have a glass of soda. **Sometimes** I eat a burger or a slice of cold pizza. I **hardly ever** eat dairy products in the morning, but **sometimes** I have an ice cream.

Lunch:

I **always** eat lunch very late and I am **often** in a rush. I **never** eat proteins, I prefer cookies. I **hardly ever** have fruits.

Dinner:

Dinner is my favorite meal of the day. I **usually** eat very late. I **hardly ever** eat vegetables. I rather eat fries with tons of mayonnaise.

FERNANDO: My eating habits

Breakfast:

I **hardly ever** consume sugar at breakfast; I don't like it. I **usually** have oatmeal with sliced banana or apple.

Lunch:

For lunch, I **always** eat healthy food, especially salads full of vegetables, because it is delicious. **Usually**, I have baked chicken with a small portion of rice.

Dinner:

Dinner for me is family time! I get some soup or pasta. **Occasionally** my family order pizza and cake when we celebrate a birthday. I **always** drink coffee or tea.



Answer the following questions **highlighting** the correct answer.



- | | | | |
|---|------|-----------------|---------------|
| a) Who has a balanced diet? | LISA | FERNANDO | NOBODY |
| b) Who has oatmeal for breakfast? | LISA | FERNANDO | NOBODY |
| c) Who sometimes has ice cream for breakfast? | LISA | FERNANDO | NOBODY |
| d) Who sometimes drink 'Chicha' for lunch? | LISA | FERNANDO | NOBODY |
| e) Who always has healthy food for lunch? | LISA | FERNANDO | NOBODY |
| f) Who never eats proteins? | LISA | FERNANDO | NOBODY |
| g) Who order pizza and soup for birthdays? | LISA | FERNANDO | NOBODY |

5. VERY IMPORTANT ACTIVITY (V.I.T): Write about your eating habits. Use the example of Lisa and Fernando.

Autoevalúate: Marca con una X si cumples el criterio, si no, vuelve a revisar tu texto.

WRITING: "Describing my eating habits"		YES	NO
1	Empleaste vocabulario sobre comida y están correctamente escritas.		
2	Usaste correctamente los adverbios de frecuencia. Ejemplo: I SOMETIMES EAT FRUITS (El adverbio va antes del verbo)		
3	Al terminar tu texto lo volviste a evaluar considerando la gramática y la ortografía (signos de puntuación, mayúsculas, reglas gramaticales, etc.).		
4	Revisaste que tu texto tiene entre 70 y 80 palabras.		
5	Consideraste los títulos y subtítulos, de manera que es atractivo de leer.		