

SESIÓN N°: 14

A BALANCED DIET\*

**Competences:**

Read different types of texts written in English as a foreign language.  
Write various types of texts written in English as a foreign language.



*Good morning students, how are you?*

*Today, we are going to work with the platform "I learn at home".*

(Hoy, vamos a trabajar con la plataforma "Aprendo en casa").

**For this we will carry out the following activities:**

**Activity:1**

**A PRODUCTIVE DAY AT HOME**

**LET'S SELF-ASSESS!**

¿Cuánto sabes comunicar sobre comida saludable en inglés? Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas o incorrectas, o importante es que seas honesta (o) contigo misma (o) al responder.

	Can I do it?	Not at all	Somewhat	Well	Very Well
1.	Can I tell the difference between healthy and unhealthy foods?				
2.	Can I explain what superfoods in English is?				
3.	Can I write a blog entry about a superfood from Peru in English?				

**LET'S OBSERVE AND READ!**

OBSERVE – **EXERCISE 1°**

**Match** the words with the superfood picture. Follow the example:

“Superfoods” is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that our body needs.



1 Artichoke



2



3



4

- Maca
- Golden berry
- ~~Artichoke~~
- Avocado

**OBSERVE – EXERCISE 1°**

**Circle** only the healthy food. Follow the example:



NUTS



COTTON CANDY



FISH



FRIES / CHIPS

British English	FRIES
American English	CHIPS



BROCCOLI



SODA

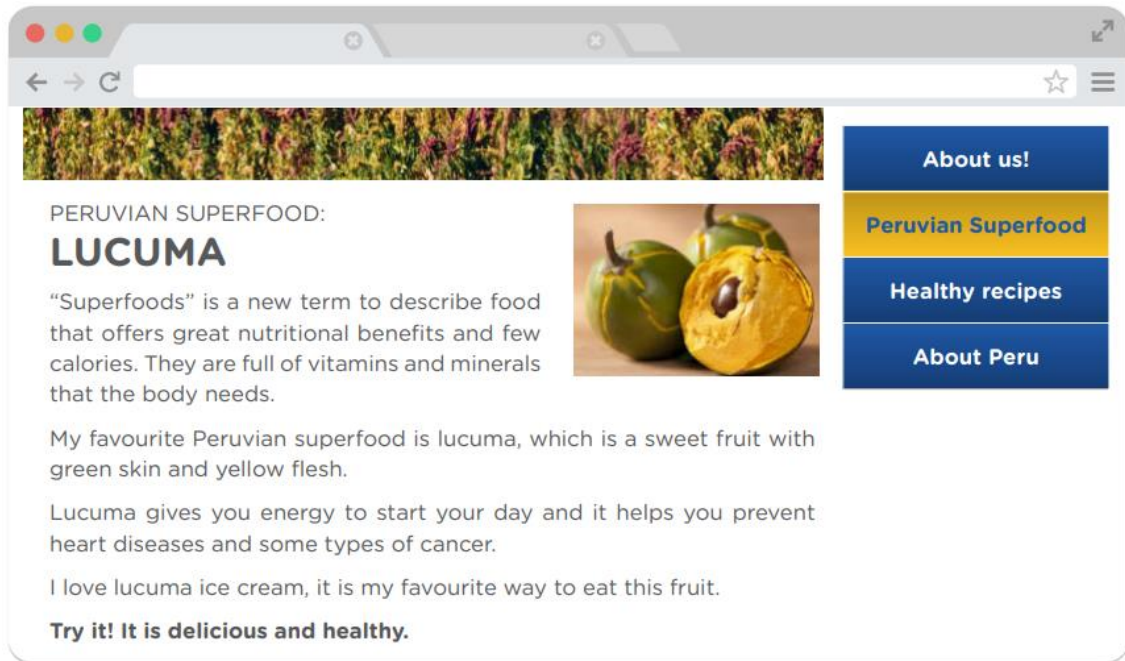
**READ\***

**Read** the main page of the blog: Superfoods from Peru.

The screenshot shows a web browser window with a blog page. The main content area features a large image of a Peruvian landscape with mountains and a field of colorful flowers. The text on the page reads: "BLOG: SUPERFOODS FROM PERU. This blog wants the world to know about Peruvian superfoods and their benefits to the immune system." To the right of the image, it says "PERU: A land of superfoods". A navigation menu on the right side of the page includes the following items: "About us!", "Peruvian superfood", "Healthy recipes", and "About Peru".


## READ\*

**Read** the first entry of the blog: Superfood from Peru.



PERUVIAN SUPERFOOD:  
**LUCUMA**

“Superfoods” is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.



My favourite Peruvian superfood is lucuma, which is a sweet fruit with green skin and yellow flesh.

Lucuma gives you energy to start your day and it helps you prevent heart diseases and some types of cancer.

I love lucuma ice cream, it is my favourite way to eat this fruit.

**Try it! It is delicious and healthy.**

Navigation links:  
About us!  
Peruvian Superfood  
Healthy recipes  
About Peru

## LET'S UNDERSTAND!

### UNDERSTAND – EXERCISE 1

**Choose** the correct answer for each question according to the blog entry you just read. Follow the example:

1. Which of the following does NOT describe superfoods?

- a) They offer nutritional benefits.
- b) They are sweet and tasty.
- c) They are full of vitamins.
- d) They have few calories.

2. Which one is NOT a characteristic of lucuma?

- a) It has green skin.
- b) It is a fruit.
- c) It has white flesh.
- d) It is sweet.

3. Which options is NOT a benefit of eating lucuma?

- a) It makes you taller.
- b) It give you energy.
- c) It helps prevent some types of cancer.
- d) It helps prevent heart diseases.

4. According to the blog entry, what is the author's favourite way to eat lucuma?

- a) As a dessert.
- b) As a cake.
- c) With honey.
- d) As ice cream.

## UNDERSTAND – EXERCISE 2

**Match** the the parts of the blog entry with the best subtitle for it. Follow the example:

**1** “Superfoods” is a new term to describe food that offers great nutritional benefits and few calories. They are full of vitamins and minerals that the body needs.

**2** My favourite Peruvian superfood is lucuma, which is a sweet fruit with green skin and yellow flesh.

**3** Lucuma gives you energy to start your day, and it helps you prevent heart diseases and some types of cancer.

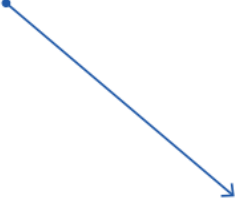
**4** I love lucuma ice cream, it is my favourite way to eat this fruit.

**A** The best way to eat lucuma.

**B** What are superfoods?

**C** My favourite superfood.

**D** The benefits of lucuma.



## LET’S PRACTISE!

### PRACTISE – EXERCISE 1

**Complete** the description of the following superfood with the words from the box. Follow the example:

~~and~~ - immune system - and - vitamin c - superfood

#### GOLDEN BERRIES

The Golden Berry or aguaymanto is a round  (1) and  (2) yellow fruit that is consider a  (3) from Peru.

This berry is beneficial to your  (4) because it is high in  (5) and B.

I personally love it because it is very delicious  (6) nutritious!





## PRACTISE – EXERCISE 2

**Match** the description with the correct superfood. Follow the example:



TROUT



BLUEBERRIES



SACHA INCHI SEED

**A**

It is a small **and** round berry that gives you vitamin C, calcium **and** fiber. It is good for heart health **and** your eyes.

**B**


It is a small **and** brown grain from the Peruvian Amazon. Its oil is cholesterol free. It is good for your intestines **and** it helps you to lose weight.

**C**

It is a fish from the Andes with soft **and** pink meat, it is high in Omega 3, so it is good for your brain and heart.

LOOK at this example of a blog entry and read the tip to describe food.

**TIP TO DESCRIBE FOOD:**  
Use the word "and" between two **adjectives** to describe the same food.



**TITLE OR HEADLINE**

**INTRODUCTION**

**MAIN POINTS (Description and benefits).**

**CONCLUSION OR RECOMMENDATION**

**PICTURE**

PERUVIAN SUPERFOOD:  
**LUCUMA**


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## Activity: 2

### DO IT YOURSELF! – D.I.Y.

#### LET'S CREATE!

**Choose** one (1) superfood from Peru and create your entry for the blog "Superfoods from Peru".

Let's make Peruvian food famous!

#### About your entry:

- You can do it on a piece of paper, using a pen, colour pencils, pictures, glue, etc.
- You can do it in a computer, using Microsoft Word, Power Point or any other app of your choice.

#### What should I take into consideration to write a blog entry?

Take into consideration the following characteristics your entry should have



Blog entry	Yes	No
1. The blog entry contains the description of one (01) "Superfood" from Peru using adjectives. Use "and" correctly.		
2. The blog entry has information about the benefits of the "Superfood" that you chose.		
3. The blog entry has images that help us understand the information in it.		
4. The blog entry has between 40 and 50 words.		
5. The blog entry follows the structure studied (Headline, picture, introduction, main points, conclusion or recommendation).		

#### \*Recommendation:

**Write** the first draft of your blog entry and show it to your family to get an extra opinion on how to make it better. Tell them about the characteristics above.

#### LET'S SHARE!

Muéstrales tu descripción a tus padres, hermanas(os), a quienes tengas en casa o a tu profesor(a) si están en contacto y explícales las cinco características que tu entrada de blog debe tener. Toma nota de los aportes y mejora tu idea para hacer tu texto en inglés.

**YOU CAN!!!**



## LET'S REFLECT!

¿Qué te comentaron sobre la entrada de blog en inglés que creaste? ¿Qué opinas tú? Dale un visto bueno (icono de visto bueno) a una de las cuatro opciones. Selecciona la opción que mejor exprese lo que puedes hacer ahora que culminaste las dos actividades de la semana.

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**ORGANIZE YOUR ENGLISH PORTFOLIO OR YOUR ENGLISH NOTEBOOK.**