



FICHA DE APLICACIÓN DOMICILIARIA N° 16

TÍTULO DE LA UNIDAD: "VALORAMOS NUESTRO PERÚ"

TEMA: A BALANCED DIET (WEEK 5)

ÁREA: INGLÉS	NIVEL: SECUNDARIA	GRADO Y SECCIÓN: 4° A-B-C-D
DOCENTES: ANA CECILIA QUISPE FLORES		
COMPETENCIA	CAPACIDADES	DESEMPEÑO
• ESCRIBE DIVERSOS TIPOS DE TEXTOS EN INGLÉS COMO LENGUA EXTRANJERA.	<ul style="list-style-type: none"> Adecúa el texto a la situación comunicativa. Organiza y desarrolla las ideas de forma coherente y cohesionada. Reflexiona y evalúa la forma, el contenido y el contexto del texto escrito. 	Elabora un blog de entrada sobre un "super alimento", utilizando la información de forma coherente y cohesionada.

WELCOME TO LEARNING ENGLISH AT HOME
FOODS AND SUPERFOODS



La presente ficha de aplicación te ayudará a desarrollar y retroalimentar los aprendizajes de la actividad publicada en el portal "Aprendo en Casa", en el área de INGLÉS - 4to Grado- Nivel A2 (Semana 5). Te invito a que revises la plataforma web Aprendo en Casa, donde encontraras información que te va a ayudar (No es necesario imprimir las fichas de la plataforma web Aprendo en casa).

LET'S OBSERVE AND READ! (OBSERVAMOS Y LEEMOS)

EXERCISE 01.- Match the words with the superfood picture. Follow the example:

SUPERFOODS

"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 Artichok

2

3

4

Maca
Golden berry
~~Artichoke~~
Avocado

OBSERVE: EXERCISE 02.- Circle only the healthy food. Follow the example:



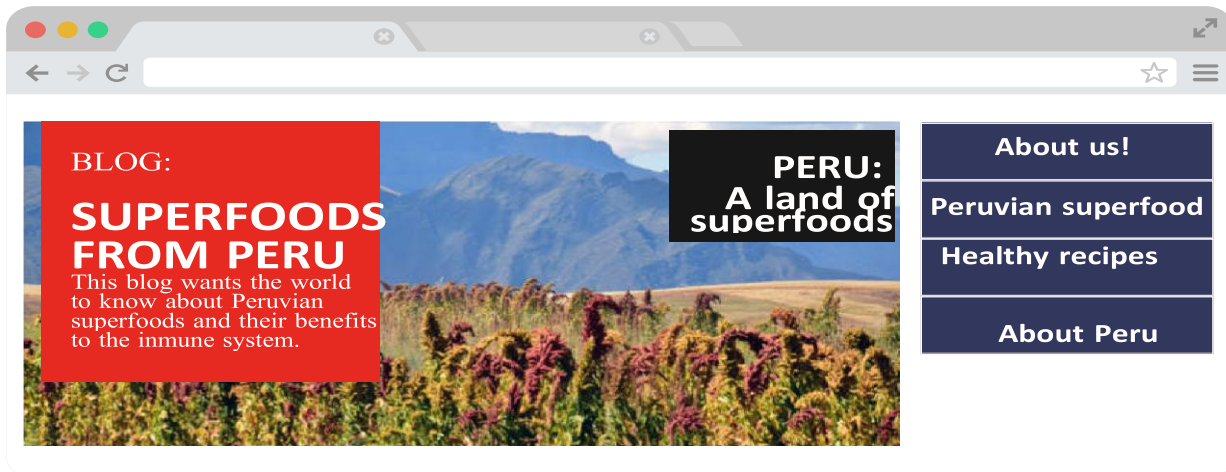
British English	FRIES
American English	CHIPS



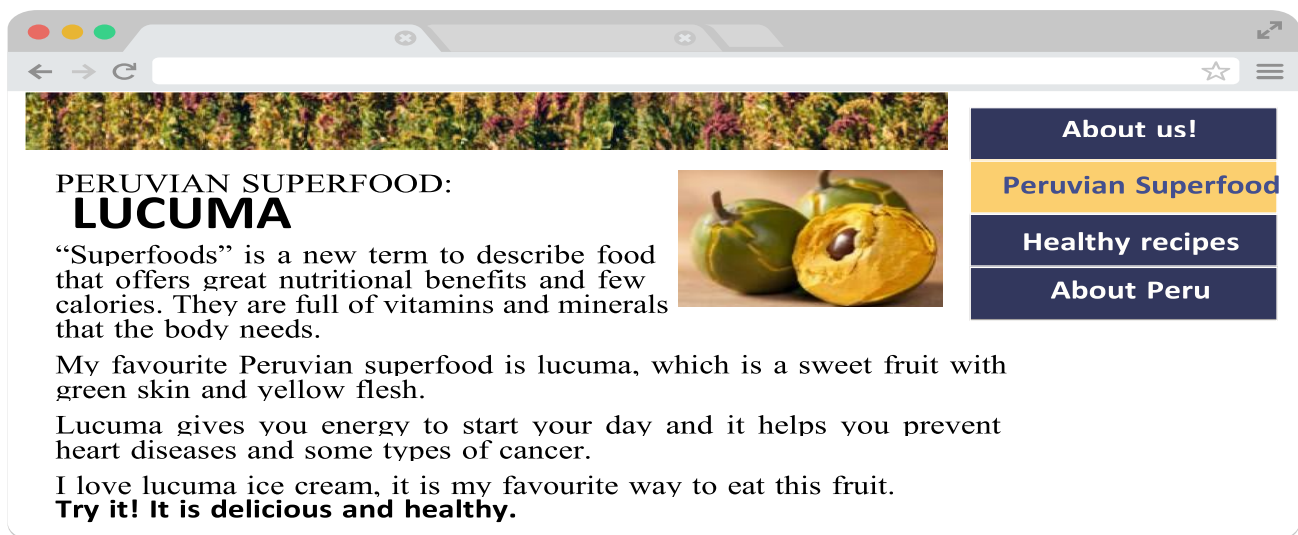


READ:

Read the main page of the blog. Superfoods from Peru



Read the **first entry of the blog**: Superfoods from Peru



LET'S UNDERSTAND!

EXERCISE 03.- Choose the correct answer for each question according to the blog entry you just read.

1. Which of the following does NOT describe superfoods?	2. Which one is not a characteristic of lucuma?
a. They offer nutritional benefits	a. It has green skin
b. They are sweet and tasty	b. It is a fruit
c. They are full of Vitamins	c. It has white flesh
d. They have few calories	d. It is sweet
3. Which option is not a benefit of eating lucuma?	According to the blog entry what's the Author's favorite way to eat lucuma?
a. It makes you taller	a. As a dessert
b. It gives you energy	b. As a cake
c. It helps to prevent some types of cancer	c. with honey
d. It helps to prevent heart diseases	d. As ice cream



EXERCISE 04. - Write the name of the person in Ali's family who said each sentence.
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 favorite way to eat this fruit.

A The best way to eat lucuma.

B What are superfoods?

C My favorite superfood.

D The benefits of lucuma.

LET'S PRACTISE:

EXERCISE 05: 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 and (1) yellow fruit that is consider a (2) from Peru.

This berry is beneficial to your (3) because it is high in (4) and B.

I personally love it because it is very delicious (5) nutritious!



ACTIVITY: Choose one superfood and create your entry for the blog "superfoods from peru" let's make peruvian food famous!

Considere las siguientes características para elaborar su blog de entrada

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).		

Good job! 😊