

Unit 1 . Talking about healthy and unhealthy food

Grade: 6th grade of Elementary School

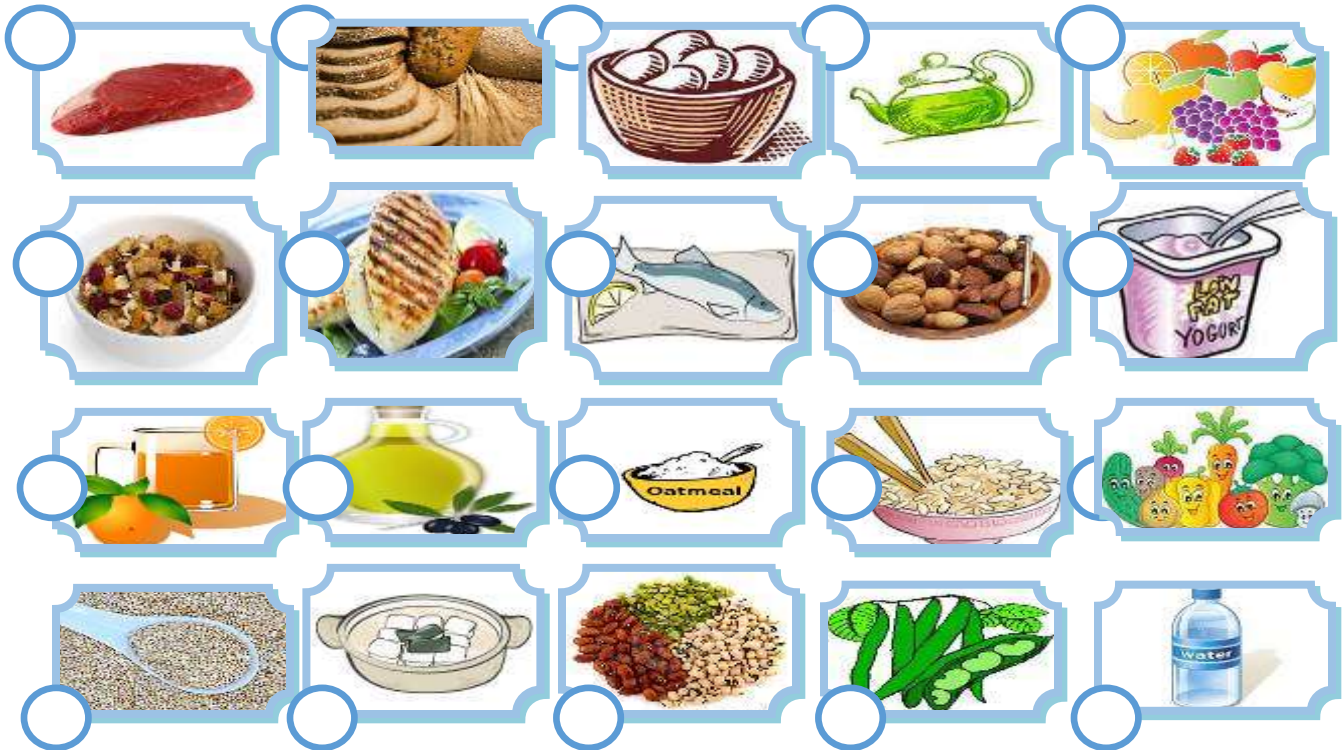
Date: March 31st, 2020

Student's name:

Healthy Food

Activity 1. Match a word to a picture

- | | | | |
|---------------------|--------------------------|----------------------|-----------------|
| 1 Fruit | 2 Vegetables | 3 Yogurt | 4 Quinoa grains |
| 5 Whole grain bread | 6 Grilled chicken breast | 7 Orange juice | 8 Fish |
| 9 Brown rice | 10 Legumes | 11 High fiber cereal | 12 Nuts |
| 13 Oatmeal | 14 Tofu | 15 Water | 16 Eggs |
| 17 Green beans | 18 Green tea | 19 Olive oil | 20 Lean beef |



Activity 2

Work in the your book. (trabaja en tu libro)

Page 10 Activity 2. Encerrar en un circulo verde los alimentos, las comidas en rojo, las preparaciones en café y las acciones en azul.

Dictionary work!!! (usa tu propio diccionario o el diccionario online www.wordreference.com)

WHILE YOU READ

Meals around the world (page 11)

Vocabulary:

1.
Meals: Own : Main: Dinner:
2
meat Mash Steak: Baked:
3
Dish: Miss: Stew Flavors
4
It does not matter: Share:

Answer the questions on page 11. You may answer in Spanish. (Puedes responder en español)

- a. Is lunch the main meal in all countries around the world?
- b. What's a good example of meal preparations in the USA?
- c. What do you think the phrase "a mixture of flavors" means?

Activity 4.

- a = _____
- b = _____
- c = _____
- d = _____

After reading

Activity 5.

- a. _____
- b. _____
- c. _____
- d. _____