



FICHA DE APLICACIÓN DOMICILIARIA N° 16
TÍTULO DE LA UNIDAD: "VALORAMOS NUESTRO PERÚ"

TEMA: **A BALANCED DIET**

ÁREA: INGLÉS	NIVEL: SECUNDARIA	GRADO Y SECCIÓN: 5° A-B-C-D
DOCENTE: JUAN LUIS CASO ARHUATA		
COMPETENCIA	CAPACIDADES	DESEMPEÑO
LEE DIVERSOS TIPOS DE TEXTOS EN INGLÉS COMO LENGUA EXTRANJERA 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. 	Redacta tu propia entrada o publicación en el blog "Superfoods from Peru", donde describirás el superalimento peruano de tu elección que te ayudará a mantenerte sano y saludable.

WELCOME TO LEARNING ENGLISH AT HOME - LEVEL A2

Propósito: Comprender qué son los superalimentos o "superfoods", y elaborar una publicación en tu blog.

La presente ficha de aplicación te ayudará a desarrollar y retroalimentar los aprendizajes de los recursos publicados en el portal "Aprendo en Casa", en el área de INGLÉS (Semana 5) - Nivel A2. 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 dicha plataforma).

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

OBSERVE

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




1 Artichoke 2 3 4

Maca
Golden berry
~~Artichoke~~
Avocado

"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.



Exercise 02.- Circle only the healthy food. Follow the example:

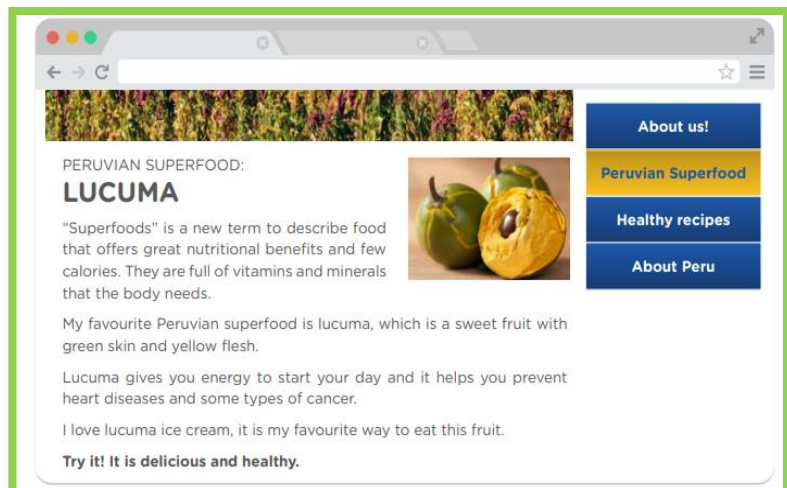
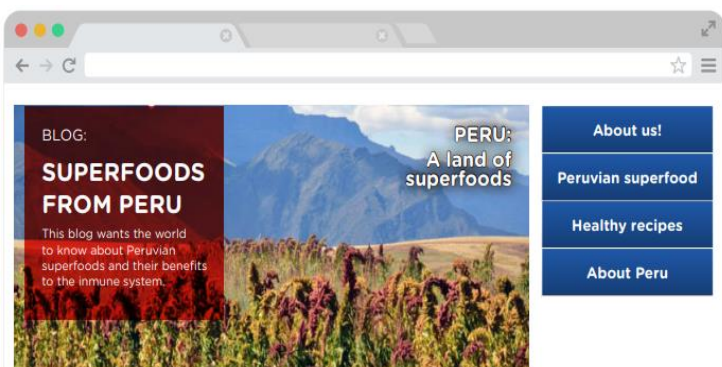


NUTS COTTON CANDY FISH FRIES / CHIPS BROCCOLI SODA

READ

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

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





LET'S UNDERSTAND! (ENTENDEMOS)

Exercise 03.- Choose the correct answer for each question according to the blog entry you just read. Follow the example:

<p>1.- Which of the following does NOT describe superfoods?</p> <p>a) They offer nutritional benefits. b) They are sweet and tasty. c) They are full of vitamins. d) They have few calories.</p>	<p>2.- Which options is NOT a benefit of eating lucuma?</p> <p>a) It makes you taller. b) It gives you energy. c) It helps prevent some types of cancer. d) It helps prevent heart diseases.</p>
<p>3.- Which one is NOT a characteristic of lucuma?</p> <p>a) It is a fruit b) It has white flesh c) It has green skin d) It is sweet.</p>	<p>4.- According to the blog entry, what is the author's favourite way to eat lucuma?</p> <p>a) As a cake b) As a dessert c) As ice cream d) with honey</p>

LET'S PRACTISE! (PRACTICAMOS)

Exercise 04.- 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!



Exercise 05.- Match the description with the correct superfood. Follow the example:



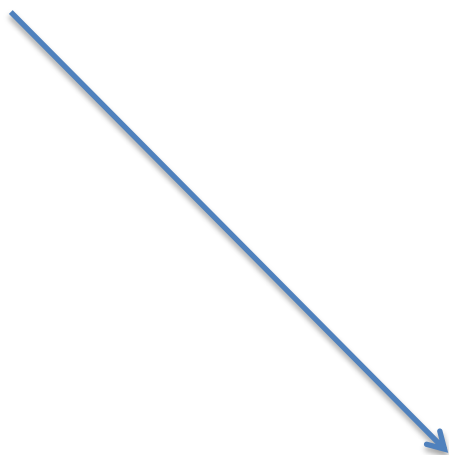
TROUT



SACHA INCHI SEED



BLUEBERRIES



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

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.

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

"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.



LET'S CREATE! (VAMOS A CREAR)

DO IT YOURSELF!

Choose one (1) superfood from your region or Peru and create your entry for the blog "Superfoods from Perú". Let's make Peruvian food famous!

- En esta sección encontrarás tu desafío: redactar tu propia entrada o publicación en el blog "Superfoods from Peru", donde describirás El superalimento peruano de tu elección.

- A. You can do it on a piece of paper, using a pen, colour pencils, pictures, glue, etc.
- B. You can do it in a computer, using Microsoft Word, PowerPoint or any other app.

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).		

LET'S REFLECT! (REFLEXIONEMOS)

¿Cuánto has aprendido esta semana? ¿Revisaste si tus respuestas coinciden con la clave de respuestas? ¿Qué te comentaron sobre la descripción en inglés que creaste? ¿Qué opinas tú? Dale un visto bueno a una de las cuatro opciones. Selecciona la opción que mejor exprese lo que puedes hacer ahora que culminaste las actividades de la semana.

Can do it?	Not at all /no del todo/	Somewhat /algo/	Well /bien/	Very well /muy bien/
Can I tell the difference between healthy and unhealthy foods?	😞	😓	😊	👍
Can I explain what superfoods in English is?	😞	😓	😊	👍
Can I write a blog entry about a superfood from Peru in English?	😞	😓	😊	👍