



Juana Cianca @juanarte2004

Is Argentinian food delicious? Awful? Healthy? Unhealthy? Let's show our food to the world! #ArgentinianFood



2.1

Are our meals balanced?

What is 200 calories?

Fruit is good for us. 200 calories is 385 grams of apples or 444 millilitres of orange juice. But other things aren't good for us. 200 calories is one small packet of crisps (37 grams) or only 34 grams of bacon.

What about the other things in the pictures?
How many grams or millilitres is 200 calories?

1 385 grams 	2 444 millilitres 	3 37 grams 	4 34 grams
5 290 / 570 grams 	6 290 / 570 grams 	7 28 / 1425 grams 	8 28 / 1425 grams
9 75 / 150 grams 	10 75 / 150 grams 	11 333 / 496 millilitres 	12 333 / 496 millilitres

- Read the title and look at the images. Is the text about diets? Read the text and check.
- 10 Read the text again and look at the photos. Guess the correct option for photos 5-12. Listen and check.
- 11 Match photos 1-12 with the words. Listen and check.

Food and drink

- Fruit: — apples — grapes
Vegetables: — carrots — celery
Meat: — bacon — cheeseburger
Drinks: — cola — orange juice
— milk
Other: — butter — crisps
— eggs

Culture Wide

Are these foods common in your province / area? Can you include more foods and drinks to the food groups?

- Add the words below to the correct groups.

bananas biscuits cereal
chicken muffins potatoes
yoghurt water

5 Read and circle.

- Is your breakfast time typical for Argentina?
YES NO
- Is your lunch time typical for Argentina?
YES NO
- Is your dinner time typical for Argentina?
YES NO

TYPICAL TIMES FOR MEALS

What time is breakfast in your region?

- 6:00 AM – 7:00 AM
 7:00 AM – 8:00 AM
 8:00 AM – 9:00 AM

What time is lunch in your region?

- 11:30 AM – 12:30 PM
 12:30 PM – 1:30 PM
 1:30 PM – 2:30 PM

What time is tea in your region?

- 4:00 PM – 5:00 PM
 5:00 PM – 6:00 PM

What time is dinner in your region?

- 7:00 PM – 8:00 PM
 8:00 PM – 9:00 PM
 9:00 PM – 10:00 PM

Vocabulary Meals

breakfast lunch tea dinner

Survey results:

Meal times are very different in the world.

Argentina

In Argentina, breakfast is typically early - 6:00 AM – 7:00 AM – and dinner is late: 8:00 PM – 9:00 PM or 9:00 PM – 10:00 PM. Tea is common for children and families at home, not so much for adults at work.

Brazil

- 12 Look at the menu. Then listen and complete Ian's notes below. How many calories are in his menu for a day? Is that good or bad?

Your menu for a day - choose from these options

0 calories	water
50 calories	an apple; two small carrots; some grapes
100 calories	toast and butter; a small glass of cola or orange juice; a large banana; one fruit yoghurt
200 calories	a large glass of milk; a small packet of crisps; a celery, apple and yoghurt salad; bacon and eggs; a small cheese sandwich; breakfast cereal with milk; three biscuits
400 calories	a muffin; a cheeseburger; a bacon sandwich; chicken with potatoes

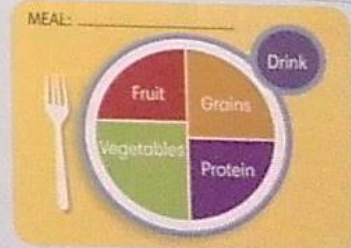
Breakfast: orange juice; _____; _____; muffin
Lunch: _____; celery, apple and yoghurt salad;
_____; cola
Dinner: bacon sandwich; _____; _____; water



Designing a brochure - Part 1

How healthy is your food? What is a balanced meal for a teen in your region?

- Choose a meal: breakfast, lunch, afternoon snack or dinner.
- Make a list of food and drinks in that meal.
- Organise your list in this diagram.
- Add a title: breakfast, lunch, afternoon snack or dinner?
- Is it a balanced meal? Add a positive vote.
- Is it not a balanced meal? Add negative vote.

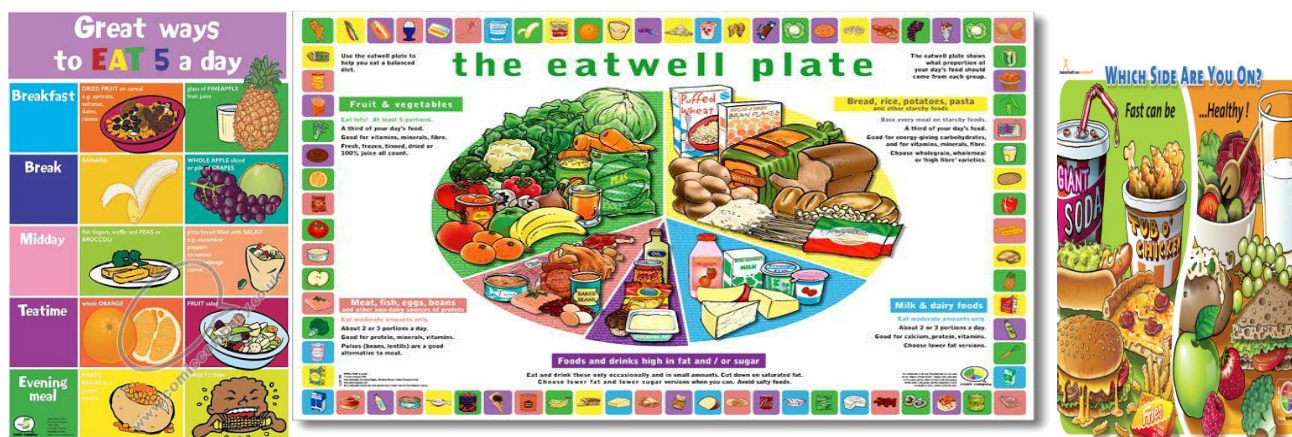


Need help with words? Look at page 20.
Need more words? Create a Vocabulary Bank with your teacher.

Modo de Trabajo: Siempre Habrá 2 maneras de enviar la tarea hecha (elegi solo una) Podes: Copiar las RESOLUCIONES de los ejercicios en un archivo de word o copiarlas en una hoja de carpeta (le sacan una foto a la hoja en las que escribieron). Al terminar, mandan su tarea a mi mail: Constanzadelacruz23@gmail.com CON NOMBRE, APELLIDO, CURSO Y ESCUELA EN EL "ASUNTO" del mail. **Por favor, colocar sus datos sin excepci3n.**

WHAT DO ARGENTINIANS EAT?

Empezamos con la unidad que trata sobre comidas y sus componentes.



Pages 20-21:

- 1) Lee el titulo y mirà las imàgnes del texto. Pensà si habla sobre dietas.
- 3) Uní las fotos de arriba con las palabras.
- 4) Agregà estas palabras a los grupos del ejercicio anterior. Si pertenecen a fruit, vegetables, meat, drinks or others (others lo usamos para decir LÀCTEOS).
- 5) lee y circulà si los horarios de las comidas son típicos y siempre los mismos en Argentina. Recorda: Lunch-almuerzo, breakfast-desayuno, dinner- cena. Marcà en el cuadro los horarios en que comès.
- 6)leè sobre las calorías de esos alimentos y comidas. Completà el menú con lo que vos consumís del cuadro de arriba.
- 7) Diseña un folleto como muestra ella imagen. Elegi una comida típica que siempre coman en tu hogar. Escribila al lado de MEAL. Luego, dibujala y especificà si hay vegetables, proteins, etc.



Are our meals balanced?

1 Choose the odd word out. Say why.

- 1 apple banana grape yoghurt
- 2 bread carrot celery potato
- 3 cola egg juice milk
- 4 brownie cake ice cream ketchup
- 5 bowl fork pepper plate
- 6 burger bar café lunch restaurant

1 Yoghurt is different. It's not a fruit.

2 Write the words in the correct column.

apples bacon burger butter carrots chicken
 crisps grapes milk orange juice cheese
 spinach broccoli tomatoes potatoes cola

Fruit	Vegetables	Meat	Drinks	Other
apples				

3 Complete the sentences with words from Exercises 1 and 2.

- 1 My sister's got a chicken in her garden. We have _____ for breakfast when we visit.
- 2 I can't make toast - there's no _____.
- 3 Crisps are from _____.
- 4 I always have _____ in my coffee.
- 5 People make wine from _____.
- 6 Our dog can't eat _____ like apples or grapes; it's bad for him.

4 Order the letters and write the words in the sentences.

- 1 Our lunch (nuclh) is at 12.30.
- 2 I've got a cheese _____ (swidchan) but I haven't got an _____ (leppa).
- 3 There's _____ (klim) and _____ (olac) in the fridge.
- 4 What's your favourite _____ (fetrabsak)?
- 5 My brother can cook. Tonight we've got _____ (heknicc) for _____ (rindne).
- 6 _____ (sifnumf) are delicious but they aren't good for you!

5 Complete the words in the dialogue.

- A: What's your favourite ¹meal?
 B: That's ²b_____: ³e____ and ⁴b____, toast and ⁵c____l.
 A: That's hundreds of ⁶c____s!
 B: Yes, but it's ⁷d____! And ⁸l____ at school is only an ⁹a____ and a ¹⁰c____ sandwich. What about you?
 A: Oh, easy - ¹¹d____! ¹²C____ k____ or fish, lots of ¹³v____, ¹⁴y____ and water. It's all good for me.
 B: No muffins or ¹⁵b____u____?
 A: Never!
 B: That's boring.
 A: No, it's good!

Page 82:

- 1- Redondea la palabra que no pertenece al grupo.
- 2- Escribe las palabras en la columna correcta
- 3- Completa las oraciones con palabras de las actividades 1 y 2.
- 4- Ordena las letras para completar las oraciones.
- 5- Completa el diálogo con palabras vistas. Cada línea punteada cuenta como una letra. Recuerda que MEALS son comidas diarias. Esas comidas diarias son 4: BREAKFAST- LUNCH- TEA-DINNER.