



WORKSHEET 1, 6<sup>TH</sup> GRADE 2021  
UNIT N°1 "FOOD AND HEALTH"

SELF EVALUATION

A continuación, te invito a revisar tu guía 1, si hay algo que te equivocaste, lo puedes corregir.

**Activity Time!**


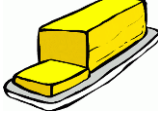


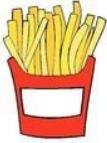



1. Read again the text: "***Meals around the world***"

Meals around the world People eat a variety of food at different moments of the day. Each country has its own main meal. Breakfast is usually the most important meal in many countries, but dinner is also the perfect moment to be with family and friends. However, in countries like Russia and Chile, lunch is the main meal of the day. Meat and potatoes of various styles dominate dinner plates in the USA. Some other good examples are burgers and French fries, fried chicken with mash potatoes or steak with baked potatoes. Some countries have a national dish which tourists cannot miss! Brazil's typical dish is Feijoada- a stew made with pork and beef, served with rice. In other countries, there is a mixture of flavors. For example, the food in Jamaica mixes ingredients from Spain, the UK, Africa, India and China. It does not matter if it is breakfast, lunch or dinner; a good meal is always a good moment to celebrate and share.

2. Decide if these statements are **true (T)** or **false (F)**.
  - a. **F** Dinner is the only meal in which you can share with your family.
  - b. **T** In the USA potatoes are usually fried, mashed or baked.
  - c. **F** People in Jamaica only eat food from their own country.
  - d. **T** Feijoada is prepared with pork, beef and rice.

3. Identify these foods. Write the name of each food according to the image.

- Identifica estos alimentos.
- En tu cuaderno, escribe el nombre de cada alimento/comida de acuerdo a la imagen.

 1. Cheese	 2. BUTTER	 3. CORN	 4. ICECREAM
 5. FRENCH FRIES	 6. GRAPES	 7. FISH	 8. TOMATO

4. Read the text, and identify the words from the boxes. Underline the words in the text.

- Lee el texto.
- Identifica las palabras presentados en los recuadros.
- Subraya las palabras en el texto.

Pasta	Milk	Rice	Juice	Fruit	Bread	Eggs	Vegetables
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All around the world people like different foods, at different times of the day. In my country we like to eat a lot of fruit in the morning. Making bread is one of my favorite activities, just as long as I have some milk and eggs in the refrigerator. My mother tells me to eat all my vegetables, but I would rather have some pasta or rice with eggs, yum. Water is essential for our body, I drink two liters a day, but I also love pineapple juice.

5. What foods do you eat in the morning?

2. ¿Qué alimentos comes en la mañana?

In the morning, I eat **MILK AND BREAD** (Respuestas variadas)

3. What fruits do you eat?

I eat **ORANGES, APPLLES, GRAPES AND BANANAS** (Respuestas variadas)

4. What vegetables do you eat?

I eat **TOMATO, LETTUCE, ONION, CARROT, POTATO AND BROCCOLI** (Respuestas variadas)