

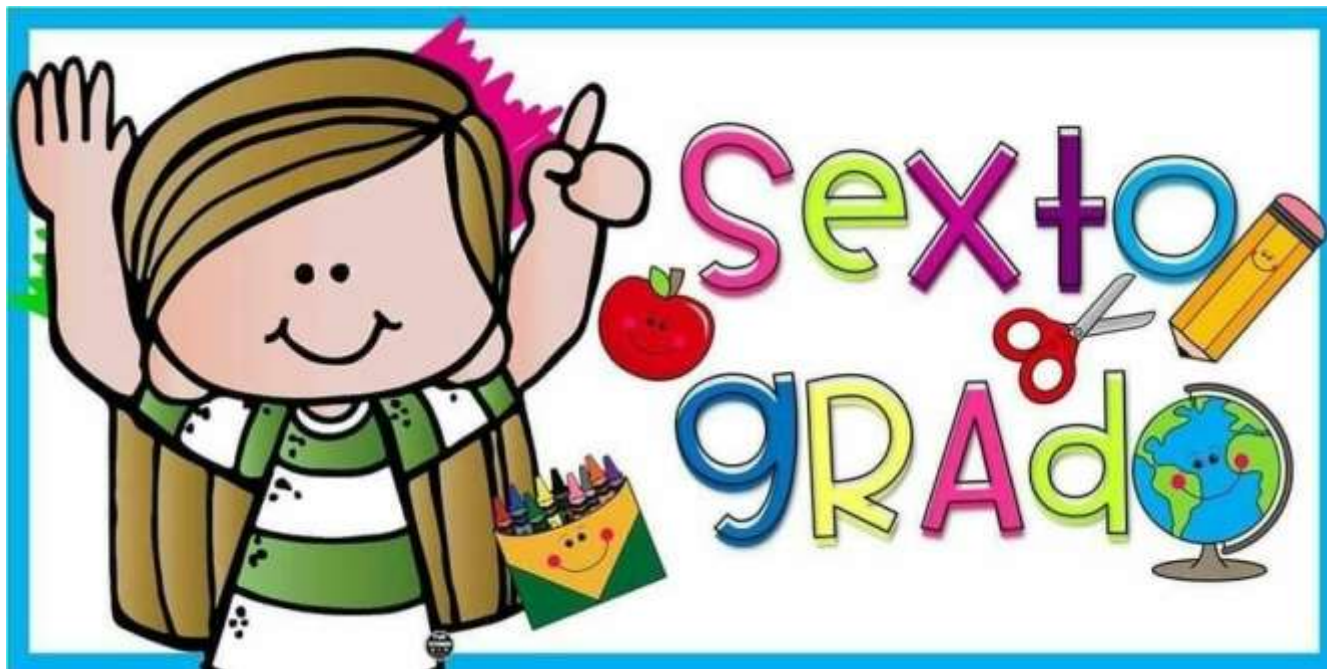


Estado
de Coahuila

Secretaría de Educación



PROGRAMA NACIONAL DE INGLÉS CUADERNO DE ACTIVIDADES

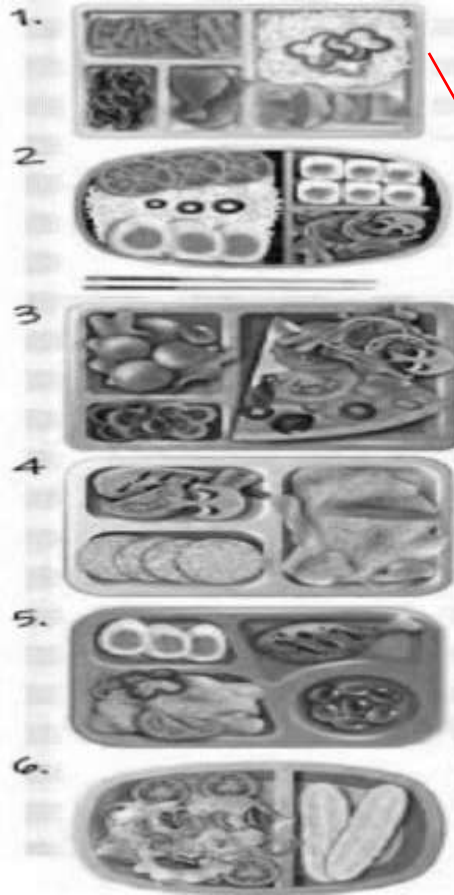




6th Grade
Unit: 6

What do you have for lunch?

Look, Read and Match/Connect.



- a) I have salad, sushi, eggs, tomatoes, olives and rice.
- b) I have chicken, olives, eggs, tomatoes and omelette.
- c) I have pasta with vegetables and cucumber.
- d) I have pizza and salad.
- e) I have omelette, vegetables and salami.
- f) I have rice, chicken, potatoes and vegetables.

Answer key: 1-f), 2-a), 3-d), 4-e), 5-b), 6-c).



Look,



Read,



Write and



Color.

*Use Dictionary, translate and answer in your notebook.

The food pyramid is divided into 6 food groups. The food groups are:

Grains: oatmeal, beans.

Vegetables: carrot, squash.

Fruits: apple, banana.

Milk products: butter, cream.

Meats: ham, fish.

Sugars and fats: honey, chocolate.

A balanced diet consists of: 30% grains, 25% vegetables, 20% fruits, 15% milk products and meats, and 10% sugars and fats. For example, a balanced breakfast includes: a slice of bread, a serving of fruit, and a glass of milk.

It is important to have three main meals (breakfast, lunch, and dinner), and two healthy snacks.

1. How many food groups are there?
2. Which food group should we eat less of?
3. Which food groups should we include in a balanced diet?
4. What food group does butter belong to?
5. What food group does fish belong to?