¡MUY BIEN!

Comida y Hábitos Saludables

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80%

Nota: 4.0 / 5.0



¡Hiciste un trabajo maravilloso! Tu vocabulario de la comida es excelente.

Practica el verbo 'to be' (Milk IS white, The eggs ARE, She IS ...)

y las preguntas (Is the chicken delicious? Are the oranges fresh?).

¡Sigue así!

WORKSHOP 1

FOOD AND HEALTHY HABITS

English – Primary School

Name:	valery Herrera	Date:	20/04/2026
Level:	Elementary	Grade:	

Logros / Learning goals

1. Identifica el vocabulario en inglés de los alimentos comunes de su contexto.
2. Reconoce palabras y expresiones en inglés que indican hábitos para mantener una buena salud.
3. Participa activamente en las actividades programadas para el área de inglés.

1. Vocabulary – Food

a. Match the food to its picture

Draw a line from each English word to the correct picture. Write the Spanish translation.

English	Draw	Spanish	I like it? (Yes/No)
Apple		✓ manzana Manzana	yes I like it ✓
Banana		✓ Banano banano	yes I like it ✓
Rice		Arroz ✓	I don't like ✓

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WORKSHOP 1

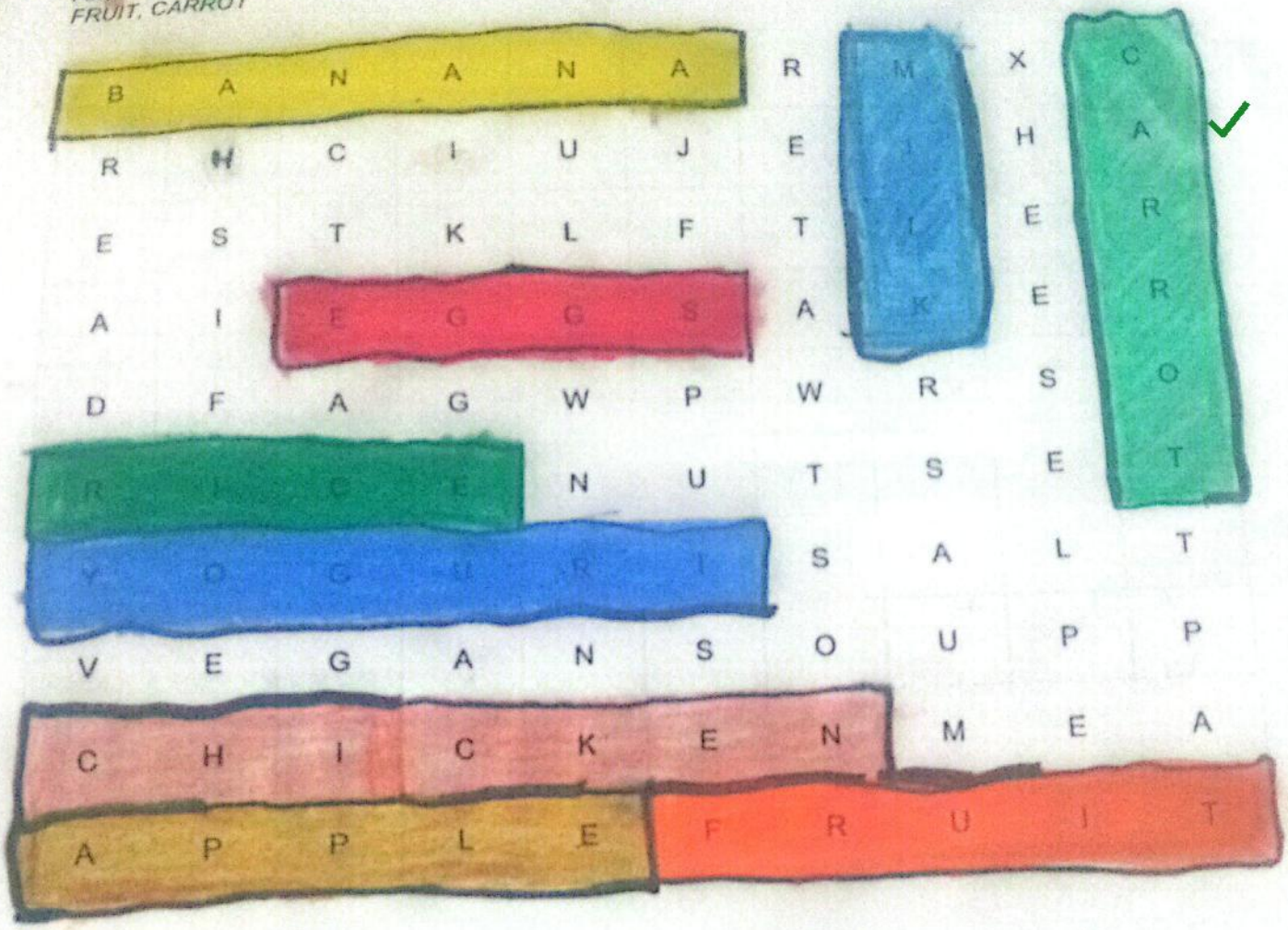
Chicken		pollo	yes I like it ✓
Milk		Leche	yes I like it ✓
Bread		pan	yes I like it ✓
Egg		Huevo	I don't like ✓
Fish		pescado	I don't like ✓
Soup		sopa	yes I like it ✓
Juice		Jugo	yes I like it

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WORKSHOP 1

b. Word search – Find 10 food words

Find and circle the following words: BANANA, JUICE, MILK, EGGS, RICE, YOGURT, CHICKEN, APPLE, FRUIT, CARROT



c. Classify the food

Write each word from the box in the correct column.

apple – chicken – milk – rice – banana – fish – juice – bread – egg – yogurt – carrot – soup

Fruits	Proteins	Other food / Drinks
apple	chicken	milk
banana	rice	juice
	fish	pan
	egg	

Clasificar: 'rice' va en 'Other food' (es un cereal).

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2. Healthy Habits

a. Read and match

Match each healthy habit (1–8) with the correct picture description (a–h).

#	Healthy Habit	?	Picture description
1	Wash your hands before eating.	3	a) A girl eating an apple
2	Drink water every day.	4	b) A boy sleeping in bed
3	Eat fruits and vegetables.	1	c) Hands under water with soap
4	Sleep eight hours.	7	d) A glass of water
5	Brush your teeth after meals.	6	e) A girl running in a park
6	Exercise every day.	5	f) A toothbrush and toothpaste
7	Eat breakfast every morning.	7	g) A plate with cereal and fruit
8	Don't eat too much sugar.	2	h) Candy with a red X

b. True (T) or False (F)?

Read each sentence. Write T (true) or F (false).

Sentence	T or F
Eating candy every day is a healthy habit.	F
You should drink water every day.	T
Sleeping four hours is good for you.	F
Fruits and vegetables are healthy.	T
You should brush your teeth after meals.	T
Exercise is bad for your body.	F
Eating breakfast helps you learn better.	T
Washing your hands keeps you healthy.	T

c. Complete the sentences

Choose the correct word from the box to complete each sentence.

water – hands – fruits – teeth – breakfast – exercise – sleep – sugar

1. I drink Whater every day to stay healthy.
2. I wash my ejercicio before I eat.
3. I eat fruits and vegetables every day.
4. I brush my teeth after every meal.
5. I eat breakfast every morning before school.
6. I Sleep for eight hours every night.
7. I Hands a play outside to stay strong.
8. I don't eat too much Sugar.

Unir: h) = 8. Oraciones: 2) hands, 7) exercise.

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3. Grammar – Verb To Be + Food

a. Complete with am, is, or are

Fill in the blank with the correct form of the verb to be.

1. The apple ___is___ red.
2. The bananas ___are___ yellow.
3. I ___I'm___ hungry.
4. Milk ___and___ white.
5. The eggs ___Th___ in the kitchen.
6. Rice ___is___ my favourite food.
7. The carrots ___are___ orange.
8. She ___This___ eating breakfast.

4) is 5) are 8) is

b. Make sentences negative

Rewrite each sentence in the negative form.

1. The soup is hot.
The soup ___isn't___ hot.

2. The apples are green.
The apples ___Are___ green.

3. I am thirsty.
I ___am not___ thirsty.

4. The milk is cold.
The milk ___is not___ cold.

2) aren't 4) isn't

c. Ask questions

Rewrite each sentence as a yes/no question.

1. The chicken is delicious.
¿ ___the chiken is delicious___ ?

2. The oranges are fresh.
¿ ___the orange are fresh___ ?

3. She is eating lunch.
¿ ___She is eating lunch___ ?

4. They are drinking water.
¿ ___they are drinking water___ ?

Preguntas (c): empiezan con Is / Are ... ej. Is the chicken delicious?

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4. Speaking – My favourite food

Work in pairs. Ask your partner these questions. Write their answers.

Question	My partner's answer
What is your name?	Valery Herrera
What is your favourite fruit?	Grape
What is your favourite food?	sausage potatoes
Do you eat breakfast every day?	Yes
Do you drink water or juice?	Yes
What food do you not like?	spinach

Now write about your partner:

My partner's name is Alejandra. Her favourite fruit is Apple.

Her favourite food is sausage potatoes. She drinks water every day.

She does not like spinach.

✓

Participa activamente en las actividades programadas para el área de inglés.

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