



ACTIVITIES

1. Look at the pictures and write **C** for Countable and **U** for Uncountable.



a. \_\_\_\_ fruit



b. \_\_\_\_ apple



c. \_\_\_\_ milk



d. \_\_\_\_ carrot



e. \_\_\_\_ rice



f. \_\_\_\_ beans



g. \_\_\_\_ water



h. \_\_\_\_ meat



i. \_\_\_\_ mango

2. Read the text. Are the sentences True (T) or False (F)?

A COUNTRY FULL OF DISHES

Colombia is a beautiful country with lots of different regions and different food traditions. Here are four typical Colombian dishes:

**Cholao:** This is a traditional dish from Valle del Cauca. It has strawberries, bananas, pineapple, mango and other fruits, with ice and condensed milk.

**Ajiaco:** This dish is from Cundinamarca and Boyacá. It is a soup and has different kinds of potatoes, corn, chicken and some herbs.

**Bandeja Paisa:** This is a traditional dish from the coffee region. It has rice, beans, beef, pork, avocado and an egg.

**Lechona:** This traditional dish from Tolima is a stuffed pig. There is a mixture of rice, peas and pork inside the pig.

Different cities have different dishes, so when you travel, make sure to try some food from the place.

- ✓ Cholao has fruits and vegetables. ( )
- ✓ Lechona is a traditional dish from Boyacá. ( )
- ✓ Cheese, rice and egg are some of the ingredients of Ajiaco. ( )
- ✓ Ajiaco is a soup. ( )

Glossary

avocado = aguacate  
herbs = hierbas/especies  
pineapple = piña  
soup = sopa  
strawberries = fresas  
stuffed = relleno

3. Read the text and match the questions a-d to the paragraphs.

- a. How much sugar do you need every day?  
b. How many meals do you need every day?

- c. How much water do you need every day?  
d. How much fruit do you need every day?

### WHAT IS A HEALTHY DIET?

(1) \_\_\_\_\_

Doctors say we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.

(2) \_\_\_\_\_

Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organized by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.

(3) \_\_\_\_\_

People have different opinions about how much is required. Some people drink just one glass with their meal others drink six glasses throughout the day, and other people drink it all day long. The truth is what we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.

(4) \_\_\_\_\_

You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

4. Read the text again and choose the correct option.

1. How many meals do you need to have a day?  
a. Six small meals  
b. Six big meals  
c. Three big meals
2. How much fruit do you need to have a day?  
a. None (zero)  
b. One to three portions  
c. Three to five portions

3. How much water do you need?  
a. One glass  
b. One litre  
c. 10 glasses
4. How much sugar do you need?  
a. Your body does not need sugar  
b. Your body needs small quantities  
c. Your body needs big quantities

5. Find these words in the text and match them to the definitions.

doctors   glass   natural   supermarket

- a. \_\_\_\_\_: A place to buy food and other products.  
b. \_\_\_\_\_: A container of liquids.  
c. \_\_\_\_\_: Not artificial.  
d. \_\_\_\_\_: Professionals who are trained to treat ill people.

6. Complete the sentences using a, an, some, any.

- ✓ Mark eats \_\_\_\_\_ banana every day.  
✓ I don't want \_\_\_\_\_ chicken for lunch, please.  
✓ Mom eats \_\_\_\_\_ apple every morning.  
✓ We often have \_\_\_\_\_ rice for dinner.  
✓ Every morning I drink \_\_\_\_\_ water.

