



Colegio Inmaculada Concepción  
Science  
3rd grade  
Teacher Michael Cuica

Aprendizajes esperados:

- Reconocer los grupos alimenticios
- Identificar la importancia de los grupos alimenticios
- Conocer la función de los alimentos y cómo actúan en nuestros cuerpos

O.A: Conocer la importancia de la comida sana y distinguir los principales nutrientes que la comida contiene

Name \_\_\_\_\_ 3rd grade: \_\_\_\_\_ Date: \_\_\_\_\_

### Guía práctica de trabajo unidad I 2do trimestre

#### Content/contenido:

A healthy life style/ un estilo de vida saludable

**Food:** substances called nutrients. Allow us to grow , play jump and study /sustancias llamadas nutrientes nos permiten crecer, jugar, saltar y estudiar

#### **Food groups**

##### **Group 1 cereal pasta bread (grains):**



contain carbohydrates that provide our bodies with energy/contienen carbohidratos que proveen nuestros cuerpos de energía

(Noodles-rice- cereal- bread)

(fideos-arroz-cereal-pan)



### **Group 2 fruits and vegetables:**

Contain vitamins and mineral salts that allow us to have stronger bones and muscles/contienen vitaminas y sales minerales que fortalecen nuestros huesos y musculos.

(bananas-apples-letuce-tomatoes)

(banana-manzana-lechuga-tomates)



### **group 3 meat, legumes, eggs and diary**

contains protein which help us to recover from broken bones or turn muscles / contienen proteínas las cuales nos ayudan a recuperarnos de huesos rotos o daños musculares

(chicken- milk and derivatives- eggs)

(pollo-leche y derivados-huevos)



### **Group 4 fats and oils**

Contains lipids that provide the body with reserve energy. Contienen lípidos que proveen al cuerpo con energía de reserva.

(avocado-dried fruit-olives-oil)

(palta-frutos secos-oliva-aceite)

1- Make a list of all the foods you ate yesterday over your four meals / haz una lista de todas las comidas que comiste ayer.

(Breakfast-desayuno)

(lunch-almuerzo)

The image shows a worksheet with four sections for recording meals. Each section is represented by a rounded rectangular box with a dashed border and a red pushpin icon in the top-left corner. The sections are:

- Breakfast**: A yellow sticky note with the word 'Breakfast' written on it. Below it are four horizontal blue lines for writing.
- Lunch**: A purple sticky note with the word 'Lunch' written on it. Below it are four horizontal blue lines for writing.
- Afternoon tea**: A purple sticky note with the words 'Afternoon tea' written on it. Below it are four horizontal blue lines for writing.
- Dinner**: A yellow sticky note with the word 'Dinner' written on it. Below it are four horizontal blue lines for writing.

(afternoon tea-once)

(dinner-cena)

a) Why are there differences between the types and quantity of food you eat at every meal? / ¿por que hay diferencias entre los tipos y la cantidad de comida que comes?

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b) Does all food perform the same function in the body? / ¿Toda la comida desempeña la misma funcion en el cuerpo?

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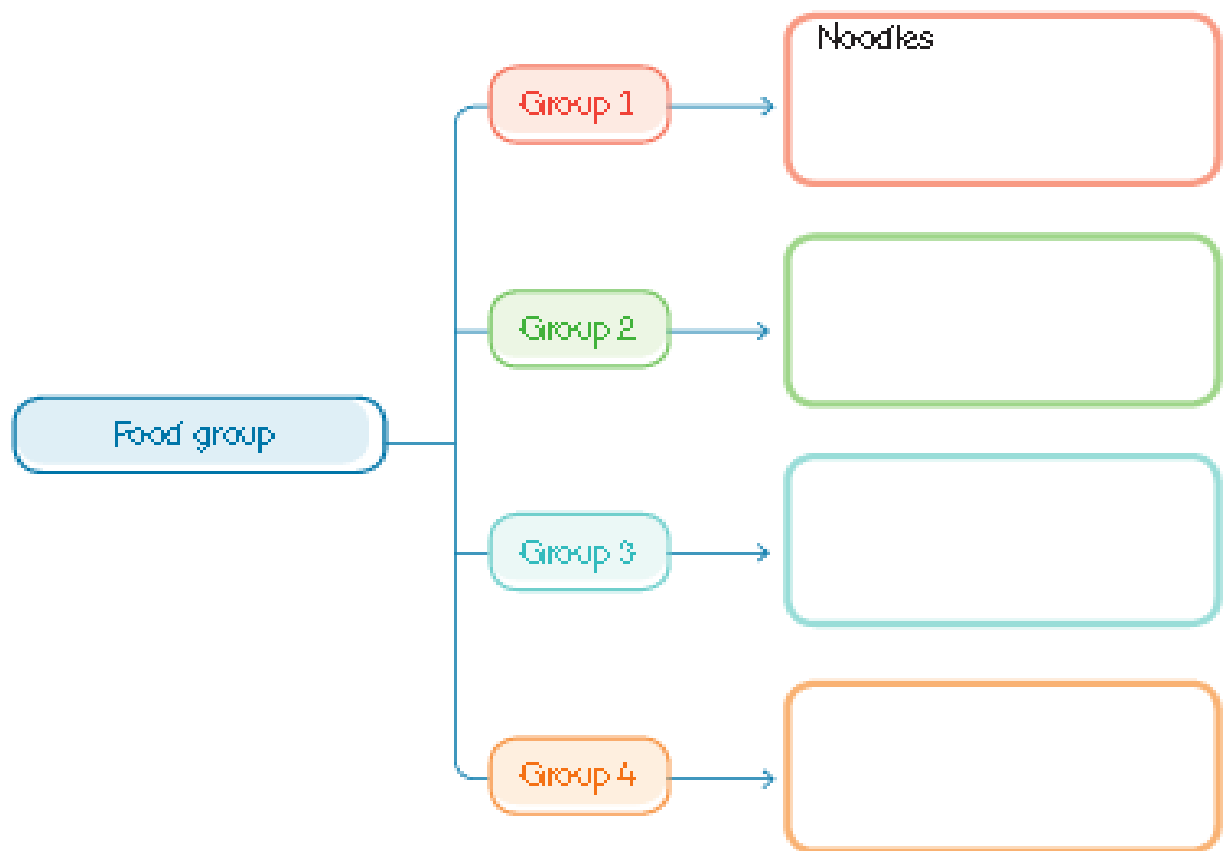
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- c) What might happen to your body if you don't give it the food it needs? /  
¿Que le pasaría a tu cuerpo si no le das la comida que necesita?

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2- Look at the content and complete the chart according to the food groups



*God bless you!!*