



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:

Healthy food / comida saludable: fruit, vegetables and legumes help your body to stay healthy / fruta, vegetales y legumbres ayudan a tu cuerpo a estar saludable

Unhealthy food / Comida no saludable: hamburguers, pizza and cake that are high in fat salt and sugar may damage you body / hamburguesas, pizza y pastel que son altos en grasa sal y azucares pueden dañar tu cuerpo

Vocabulary words:

Nutrients / Nutrientes

Proteins / Proteínas

Carbohydrates / Carbohidratos

Lipids / Lípidos

Vitamins / Vitaminas

Mineral salts / Sales minerales

A balanced diet published by Ministry of Health (Minsal) in 2015



1 – look at three different lunch options



a) Which of these lunches show a balanced diet?



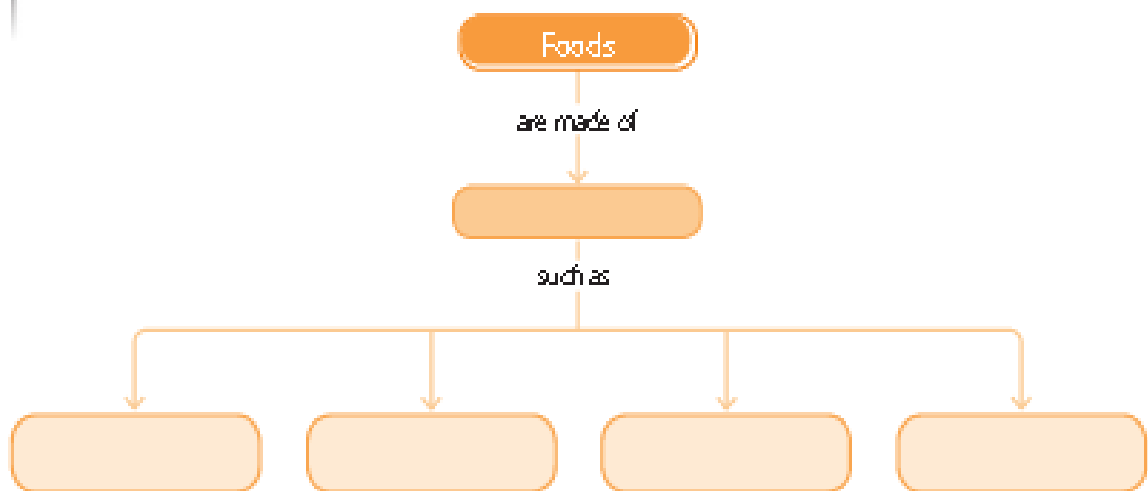
b) Which of these lunches you should not exceed?







2- classify these foods into healthy and unhealthy



3 -Complete this chart using the words that are in the vocabulary words



4 – Answer the following chart

| Foods | Main nutrient | Main function |
|---|---------------|------------------------|
|  An image showing two halves of a green avocado and a glass bottle of yellow oil. | Lipids | Provide reserve energy |
|  An image showing a wedge of yellow cheese, a slice of pink ham, and a glass of white milk. | | |
|  An image showing a whole red apple, a sliced apple, and a bunch of green spinach leaves. | | |
|  An image showing a loaf of braided bread and a sack of flour with some flour spilled out. | | |

4 – Look and compare the nutritional chart labels and answer the questions /
observa y compara la etiqueta de la tabla nutricional y responde las preguntas

| NUTRITIONAL INFORMATION FOOD 1 | |
|-----------------------------------|-----------|
| Portion: 1 glass (200 ml) | |
| Portions per container: 1 | |
| | 1 portion |
| Energy (kcal) | 120 |
| Proteins (g) | 6 |
| Lipids (g) | 6 |
| Carbohydrates (g) | 10 |

| NUTRITIONAL INFORMATION FOOD 2 | |
|-----------------------------------|-----------|
| Portion: 1 glass (200 ml) | |
| Portions per container: 1 | |
| | 1 portion |
| Energy (kcal) | 66 |
| Proteins (g) | 6 |
| Lipids (g) | 0,1 |
| Carbohydrates (g) | 10 |

a) Which of these food provides more lipids? /¿Cuál de estos alimentos provee mas lípidos?

b) Which of these foods provides less energy? /¿Cuál de estos alimentos provee menos energía?

c) Which of these foods should an overweight person stop consuming? / ¿Cuál de estos alimentos debería una persona con sobrepeso dejar de consumir?

Todas las actividades realizadas en las guías 1, 2, 3, de ciencias están en el libro desde la pagina 10 hasta las 25 (para los alumnos que ya posean el texto)

God bless you!!!