



SOLUTIONS

- UNIT 1 -

4) VARIED LEARNING ACTIVITIES:

A. WRITING ACTIVITIES:

A.1) THE ORIGIN OF FOOD

SOLUTION:

- Animal origin: salmon, milk and egg.
- Vegetal origin: broccoli, orange and corn.
- Mineral origin: salt and water.

A.2) FOOD GROUPS

SOLUTION:

- Circle in red: salmon, milk and egg.
- Circle in green: broccoli, orange.
- Circle in yellow: oil, bread and spaghetti.

A.3) THE FUNCTION OF FOOD

SOLUTION:

- Body-builders: salmon, milk.
- Body-regulators: orange, broccoli.
- Energy-producers: oil, spaghetti..

A.4) WHICH FOODS DO WE EAT EVERY DAY AND WHICH ONES WE DO NOT?

SOLUTION:

- Less healthy food: chocolate, sweeties, donuts, freeze drink, cold meat.

SOLUTION:

- Very salty: Salty snacks and crisps.
- Very sweet: donuts, sugary sodas, chocolates and sweets.
- Very fatty: donuts, crisps, snacks and chocolates.

A.5) COFFEE AND ALCOHOL. DAILY, SOMETIMES OR NEVER?**SOLUTION:**

Healthy drinks: milk, orange juice, natural juice and water.

SOLUTION:

- I CAN DRINK AS MUCH AS I WANT: milk, water..
- I CAN DRINK DAILY BUT CAREFULLY: orange juice, coffee.
- I CAN DRINK BUT NOT EVERY DAY AND IN SMALL AMOUNTS: beer, wine
- I SHOULD NOT DRINK: alcohol.

A.6) LOCAL AND SEASONAL FOOD**SOLUTION:**

- The foods from our homeland are those that grow and get harvested near to our homes
- The foods from our homeland are also known as local foods
- The seasonal food are those that are cultivated depending on the moment in the year
- The seasonal foods are more tasty and less expensive