



Food in Ecuador

1

Look, guess, and write.

avocado

broccoli

papaya

strawberry



2

Read and circle.

Eat a *rainbow*

You should eat *five* portions of fruit and vegetables every day. They taste good and they're healthy. Every color is important, so eat "a rainbow" every day.

Yellow and orange fruit and vegetables like papayas, oranges, and carrots are good for your eyes. **Red** fruit like strawberries help your heart.



Green fruit and vegetables like avocados, broccoli, and lettuce give you energy. Some green food every day helps you work, rest, and play!

It's easy to eat a rainbow in Ecuador. We have a lot of fruit and vegetables!

3

Ask and answer. Talk about the food you eat at school.

1



2



What fruit and vegetables can you see?

I can see strawberries.

3



4



5



LANGUAGE THROUGH THE ARTS

4

Sing the song.

We need vegetables and fruit, every day.
We need five big portions, every day.
They're good for our eyes,
And our teeth, and our heart.
Eat a rainbow of colors, every day!



5

Make your own food rainbow. Show the class.

I eat green avocados and spinach. I eat orange papaya, mango, and pumpkin.

We should eat more red food!



El Niño

1

Read and say “yes” or “no.”

El Niño changes the weather in Ecuador. It makes the summer rainier and hotter. It usually happens at Christmas every two to seven years. Wind pushes warm water from the western Pacific to South America. We don't know why it happens.



- 1 El Niño makes the summer colder.
- 2 El Niño happens at Christmas.
- 3 It happens every year.
- 4 The wind pushes warm water across the Pacific to Ecuador.

2

Read, ask, and answer.

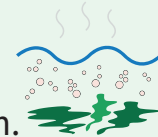
- A Student A:** Read about El Niño on this page.
B Student B: Read about El Niño on page 79b.

A

In an El Niño year, the sea gets warmer.



Sea plants called algae die because the water is too warm.



Sea birds and animals, like penguins and sea lions, can't find any fish to eat and they're hungry.



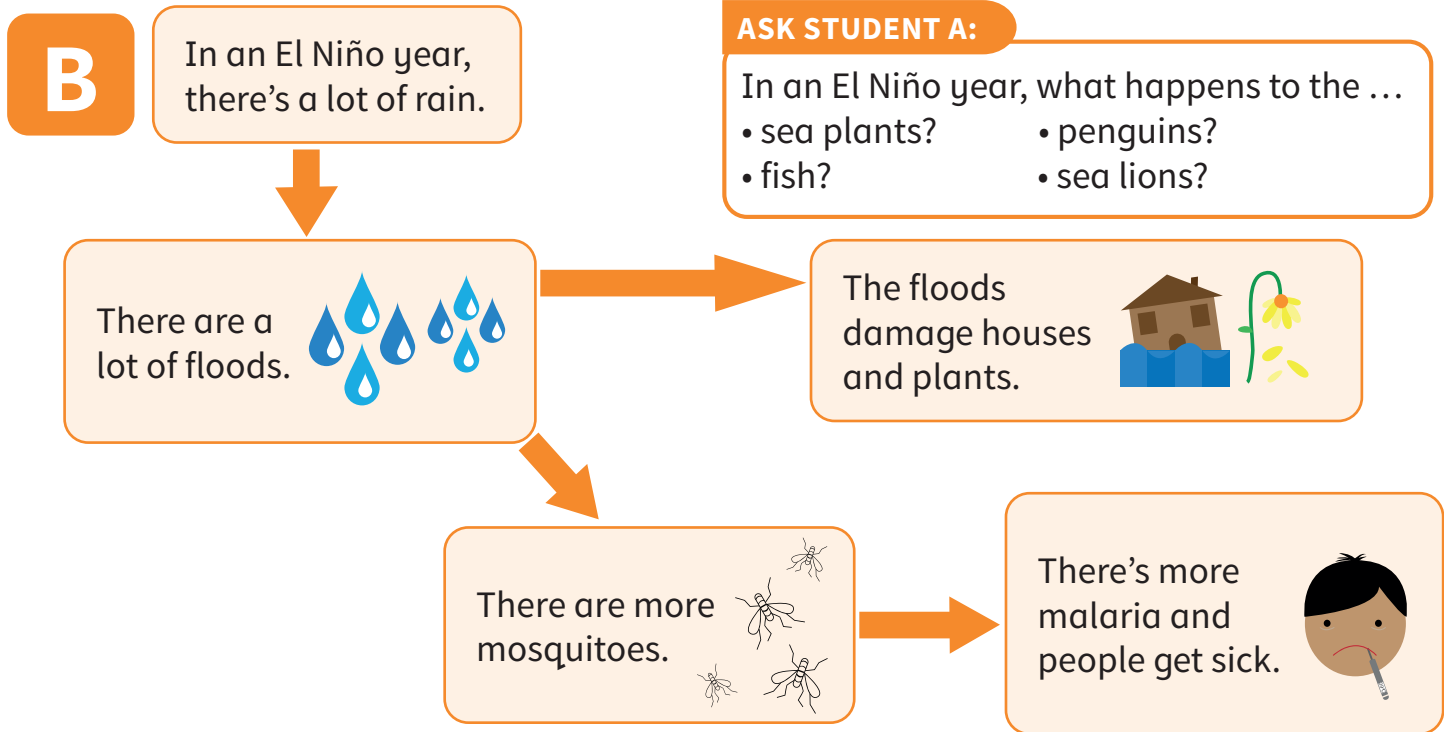
Lots of fish eat algae. They swim to colder water to find food.



ASK STUDENT B:

In an El Niño year, what happens to the ...

- houses?
- mosquitoes?
- plants?
- people?



LANGUAGE THROUGH THE ARTS

3

A week of weather in Ecuador

Create slides about different places in Ecuador and different days of the week. Use PowerPoint or Google Slides.



4

Present your slides to the class.

On Monday, I was in Ambato.
It was warm and sunny.

On Wednesday, I was in Salinas.
It was very hot.