



Study guide N° 1

1) Read this sentences and identify what kind of sentences it is.

Micaela has broken her leg.
We have cooked dinner.

2) Search on the net and complete the chart:

a) When do we use Present perfect?	
b) What is the structure of affirmative form?	
c) What is the structure of negative form?	
d) What is the structure of interrogative form?	
e) Write examples of each type of sentences	

3) Read this text and underline sentences en Present Perfect and write what kind of senteneces it is(affirmative, negative or interrogative)

Exploring new foods by Millie and Jake

There has been a lot of discussion in the media about healthy lifestyles, keeping fit and cutting down on certain foods. These include junk food, sugary food and some types of processed meat. For our school project 'Exploring new foods', we've looked at two alternatives to meat – jackfruit and seitan.

Jackfruit



A jackfruit is a yellow fruit which people grow in tropical countries like Malaysia and Brazil. They are very big and weigh up to 55 kg! People have eaten jackfruit for centuries in South East Asia, but many people in other parts of the world have never come across them.

The ripe fruit is soft and it tastes of banana or pineapple. People use it for sweet dishes. The unripe fruit has a texture like meat, so people use it as a substitute for meat in savoury dishes.



Our taste test

We tried a curry with jackfruit in it – the texture was just like meat and the jackfruit absorbed the flavours of the dish. It tasted great and we'd definitely eat it again! We were also pleased to learn that jackfruit contains some calcium which is good for our bones.

Seitan



Seitan is a product made from wheat gluten. People have used it for hundreds of years. One of the first examples of seitan appeared in sixth-century China and it has been popular there for a long time.

Seitan has a savoury flavour and a chewy texture like meat, so people use it as a substitute in different meat dishes.

Our taste test

We put some seitan sausages on our barbecue and we tried seitan 'chicken' in a salad. The sausages weren't great because they were dry, but the 'chicken' was full of flavour and very nice.

Conclusion

We've tried both jackfruit and seitan. If you're looking for a meat substitute, they are useful foods. We don't want to give up meat, but we think these are two good alternatives to try.

