

**PERÚ**Ministerio
de Educación**APRENDO**
en casa

Worksheet N°29

Name: _____ Grade and Section: _____

Healthy Food Habits

LED IN

Look at the chart and answer the questions.

1. What is the chart about?

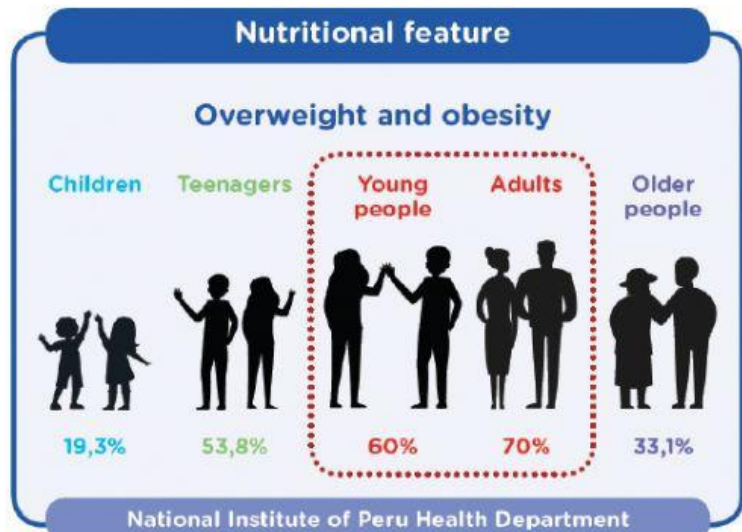
- a. Diabetes ☐
- b. Overweight and obesity ☐

2. What causes overweight and obesity?

- a. Ultra-processed food ☐
- b. Lack of exercise ☐
- c. Good eating habits ☐

3. Which group is most overweight or obese?

- a. Children ☐
- b. Teenagers ☐
- c. Adults ☐



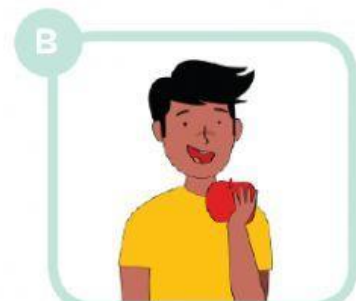
Overweight occurs for two main reasons: Lack of physical activity and excessive consumption of junk food and ultra-processed food that is rich in sugar, salt and saturated fat.

Adapted from Instituto Nacional del Perú, Ministerio de Salud

2. Classify the eating habits.



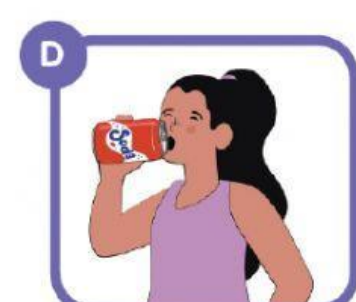
I love junk food.
I always eat it.

HEALTHY EATING HABITS**UNHEALTHY EATING HABITS**

I eat fruits every
day.



I like vegetables.
Sweet potatoes are
my favorite.



I don't drink water,
but I drink sodas
every day.

LET'S PRACTICE: LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

Sayri made a questionnaire to find out about peoples' eating habits. Listen to the interview.

A. Listen and tick "✓" the answer.

The questionnaire is about:

Food choices

Sports

☐
☐


B. Listen and complete the questionnaire form.

QUESTIONNAIRE FORM

Name: **Edgardo**

1. Age: _____
2. Eat vegetables? **Yes** _____
3. How often eat vegetables? _____
4. Eat fruit? _____
5. How often eat fruit? _____

Done by Sayri

NOTEMOS ALGO:

1. Do you eat veggies?

Yes, I do.

2. What do you usually eat?

I usually eat vegetable salads.

¿Cuál de las dos preguntas obtiene una información específica?

PRACTISE-EXERCISE 2

Use the key words in the box to write questions.

Do-eat

Do-go

Where-play

When-go

What-do

How often-eat

A. How often do you eat veggies?

I eat veggies every day.



B. _____ do you _____ biking?

In the mornings.



C. _____ do you _____ sports?

In the park.



D. _____ you _____ fruit?

Yes, I do.



E. _____ sports _____ you play?

I go running.



F. _____ you _____ running?

No, I don't.

