



PERÚ

Ministerio
de Educación

Learning Experience 8

Let's change our lifestyle!

APRENDO
en casa

Name: _____ Group: _____ Date: 03/11/2021



Activity 3: Healthy Activities

**Goal - Propósito:** Identifica información en infografías sobre actividades saludables.

Look at the pictures and tick "✓" all the people who have healthy lifestyle. – Observa las imágenes y marca con un "✓" a las personas que tienen un estilo de vida saludable.

What do you like to eat?

I love fast food. I don't like vegetables. I never eat them.

I like potatoes, quinoa, and carrots. They are delicious.

I enjoy eating fruits. I eat apples, grapefruits, and oranges every day.

What physical activities do you like?

I dance to music for a few minutes every day!

I don't do exercises! I have gained some weight.

I tried online exercising and I liked it!



Read the two infographics. – Lee las 2 infografías sobre recomendaciones brindadas por la OMS.

A Staying physically active

1. Stay active. Do exercise at home.
2. Try exercise classes online.
3. Dance to music.
4. Take healthy walks.
5. Walk up and down the stairs.
6. Do some stretching exercises.

B Eating healthy

1. Eat moderate amounts of fats and oils.
2. Drink enough water. Drink 8 glasses of water every day.
3. Limit sugar diet.
4. Eat a variety of food.
5. Eat fruits and vegetables.

3

Read and answer: Which WHO recommendations each person needs A or B? – Lee y responde: ¿Qué recomendaciones necesita cada persona? ¿Las recomendaciones de la infografía A o B?



4

Read the chart and answer the questions. – Responde las preguntas con la información del cuadro

QUESTIONS	 María (13)	 Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely



has a

healthy lifestyle

unhealthy lifestyle



has a

healthy lifestyle

unhealthy lifestyle

Who needs to change his/her lifestyle?



5

Complete the recommendations with the missing information. – Completa las recomendaciones con las palabras del recuadro.

Eat x2 –
María –
stay –
do

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3) _____ exercise at home.

(4) _____ moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,
Mateo



Eat –
processed
food –
Dante –
biking



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ three times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy