Healthy Food Habits

1. 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 ☐

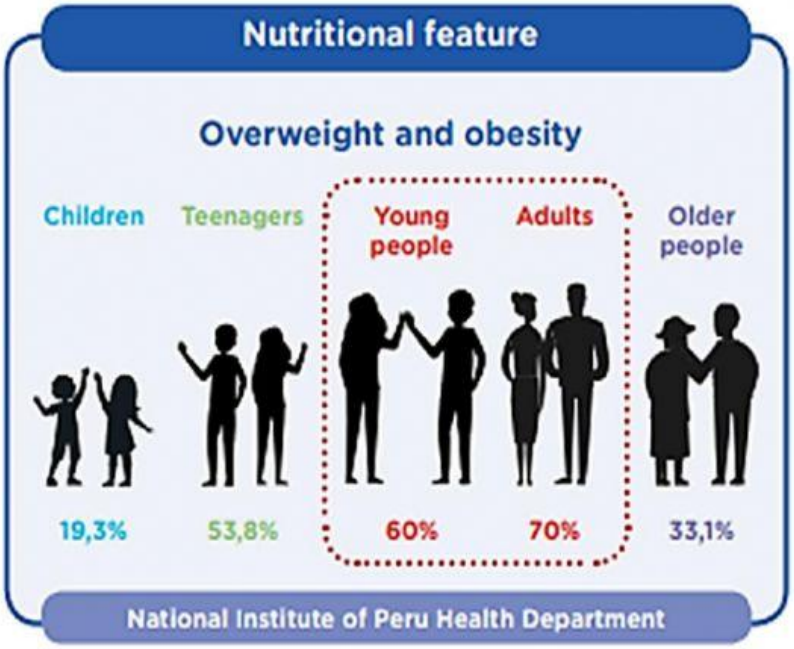
c. Good eating habits ☐

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

LIVEWORKSHEETS

2. Use the key words in the box to write complete questions

A. Do you ____ eat vegetables?

Yes, I like veggies!

B. How often ____ eat vegetables?

I eat veggies **every day.**

C. ____ eat fruit?

Yes, I do.

D. ____ do you eat fruit?

I eat fruit **three times a day.**

LIVEWORKSHEETS

3. 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.

LIVEWORKSHEETS