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Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa**ENGLISH: Level A1 - WEEK 31****EXPERIENCE 08****ACTIVITY 04****"LET'S CHANGE OUR
LIFESTYLE"****DO IT YOURSELF!****LEAD IN!**

LOOK at Sofía's eating habits. Tick "✓" the best recommendation(s) for her.

Topic: Eating habits

Name: Sofía

Age: 16

keep **ME** healthy

ITEM	QUESTIONS
 Eat...?	Do you eat fruits? Yes ☒ No ☐
What fruit/eat?	What fruit do you eat? <i>Bananas, oranges</i>
Frequency...?	How often do you eat fruits? <i>Once a week</i>
 Like?	Do you like fast food? Yes ☒ No ☐
Frequency...?	How often do you eat fast food? <i>Every day</i>

Results:

Healthy lifestyle

Unhealthy lifestyle

Eat fruits and
vegetables every
day.**A**☐Eat a lot of sugar
and sodas.**B**☐Eat moderate fats
and oils.**C**☐

LET'S CREATE!

Follow the steps to create your infographic.

LABEL the pictures with the WHO recommendations:

Eat moderate amounts of fats
and oils

Eat a variety of vegetables and
fruits

Take healthy walks

Drink enough water

Stay active

Dance to music

Limit sugar diet

Try exercise classes online

Tips for maintaining a healthy diet:

A



B



C



D



Tips for maintaining a good shape:

E



F



G



H





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en casa**STEP 1**SELECT a topic and write your questionnaire.Eating habits ☐Physical activities ☐**STEP 2**WRITE 5 questions to find out information about a friend's lifestyle.
USE this format as an example. You can create your own format.

Topic: Food and drink habits

Name:

Age:

Nationality:

keep ME healthy



ITEM	QUESTIONS
Eat fruits?	_____ Yes ☐ No ☐
What fruit/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like vegetables?	_____ Yes ☐ No ☐
What vegetables/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like fast food?	_____ Yes ☐ No ☐
What fast food/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Drink water?	_____ Yes ☐ No ☐
Frequency...?	_____ Never ☐ Some of the time ☐ Most of the time ☐ Always ☐

Results:

Healthy lifestyle

Unhealthy lifestyle

STEP 3

TEST your questionnaire and **ASK** your questions to a friend, classmate or family member to see if the person has healthy or unhealthy habits.

STEP 4

OBSERVE the questionnaire results and give some recommendation.

A. If the result shows bad lifestyle, give some WHO recommendations to the person.

Dear friend,

You have to follow WHO recommendations to improve your _____ habits.



Take care,

(your name)



B. If the results show healthy habits, congratulate the person in English by writing 3 of his / her actions in a note to reinforce their good habits.

Dear friend,

You have healthy habits, **congratulations!**

1. _____
2. _____
3. _____

Help spread the word about healthy lifestyle!

(your name)

