

WEEK 32
Healthy Food Habits

Name: _____ Grade /Section : _____

Reflection:

"See that you do not despise one of these little ones.
For I tell you that their angels in heaven always see the
face of my Father in heaven." **Matthew 18:10**

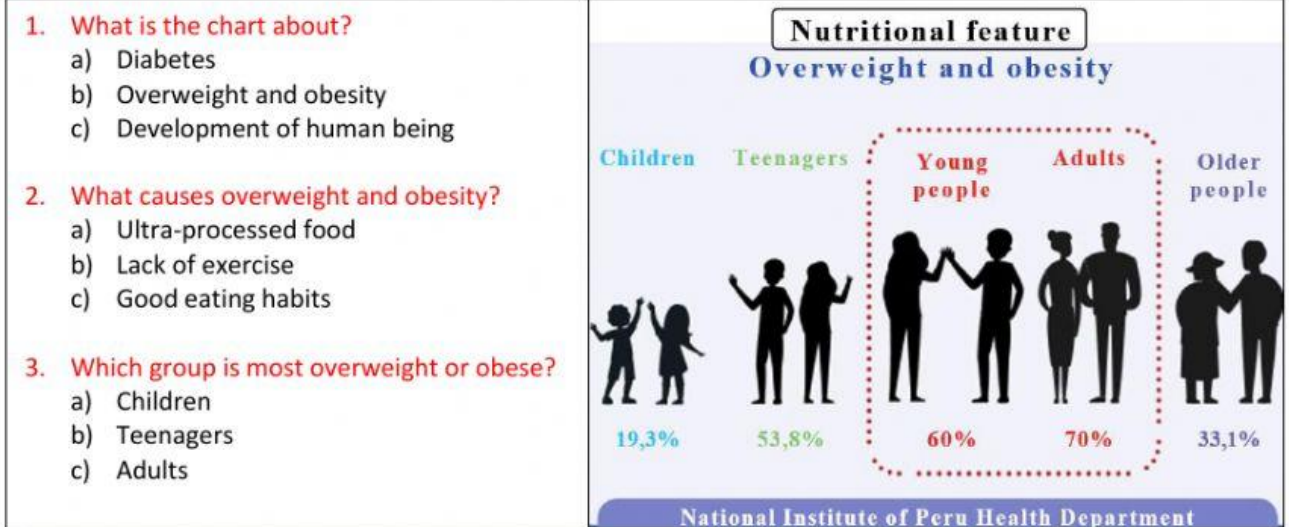
Who are the witnesses in the judgment?

- a. Father in heaven.
- b. Little ones.
- c. Angels in heaven

1. Goals for the class:

1. Listen and identify specific information about healthy eating habits using simple questions.
2. Make questions and response about healthy eating habit

2. Look at the chart and answer the questions



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

3. Practice with your partner: How often do you _____?

I eat fruits every day .	I love junk food. I always eat it.	I like vegetables. Sweet potatoes are my favorite.	I don't drink water, but I drink sodas every day.

Response these questions:

Do you think **eating fruits** is healthy or unhealthy?

Why...?

I think, _____ because _____

4. LISTENING COMPREHENSION

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

A. Listen and tick "P"

The questionnaire is about

Food choices

☐

Sports

☐

B. Listen and complete the questionnaire form

QUESTIONNAIRE FORM

1. Name:

2. Age:

3. Eat vegetables?

4. How often eat vegetables?

5. Eat fruit?

6. How often eat fruit?

Done by Sayri

NOTICE SOMETHING

1. Do you eat veggies?

Yes I do

2. What do you usually eat?

I usually eat vegetable salads.

Which questions has specific information, the first one or the second one?

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

Do-eat

Do-go

Where-play

What-do

When - go

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.



SELF-EVALUATION	YES	NO
I am able to understand about specific information about healthy habits		
I am able to make and answer questions about healthy habits.		