Activity 1: Let's play whit the vocabulary!

OBSERVE - EXERCISE 1

Look at the refrigerator and write the number of each food according to the name

What's there in the fridge?



tomatoes	
eggplant	
grapes	
cabbage	
jam	
bananas	
butter	
carrots	
cottage cheese	
chicken	
ice cream	
soda	
pizza	
cheese	

	oranges
	cereal
	mustard
	eggs
	orange juice
	fish
	soup
	honey
	yoghurt
	milk
	pie
	ketchup
	cola
	watermelon

LIVEWORKSHEETS

OBSERVE - EXERCISE 2

Classify the eating habits

A



I love junk food. I always eat it.

B



I eat fruits every day.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

C



I like vegetables. Sweet potatoes are my favorite.

D



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

LIVEWORKSHEETS

READ

Read the following dialogue text about a Healthy food habits' survey

HEALTHY FOOD HABITS



Sairy: Hello, I'm Sairy. Can I ask you some questions about your eating habits?
Edgardo: Sure.
Sairy: What's your name?
Edgardo: My name is Edgardo.
Sairy: How old are you?
Edgardo: I'm 15 years old.
Sairy: Do you eat vegetables?
Edgardo: Yes, I like veggies for example I love carrots, lettuce and tomatoes.
Sairy: How often do you eat vegetables?
Edgardo: I eat veggies every day.
Sairy: Do you eat fruit?
Edgardo: Yes, I do.
Sairy: How often do you eat fruit?
Edgardo: Well, I usually eat fruit three times a day. I like apples, oranges, watermelon, grapes and bananas.

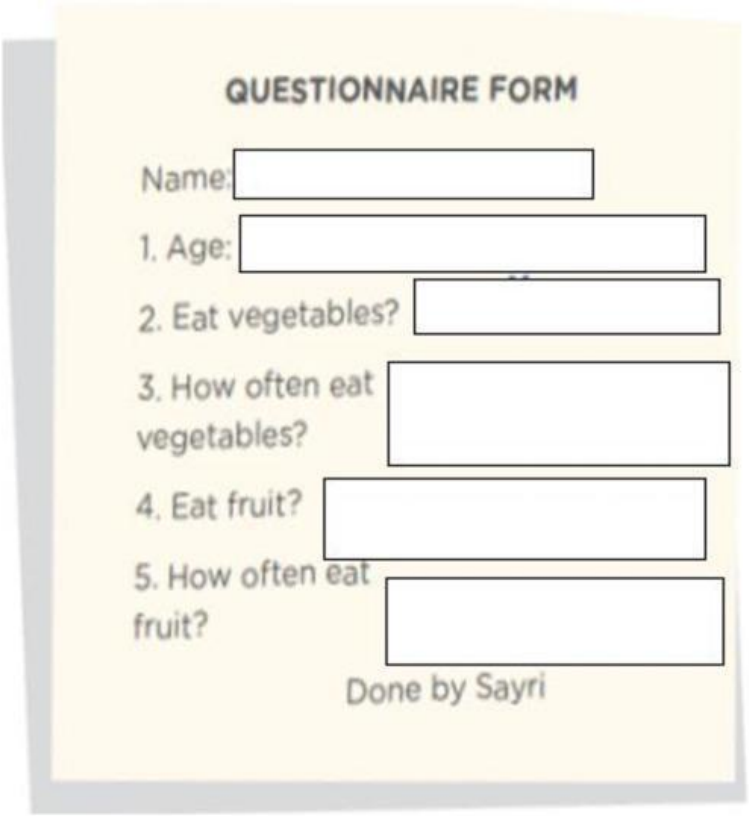
Sairy: Great, Edgardo. It sounds like you have healthy eating habits.
Sairy: What about your father, does he eat vegetables too?
Edgardo: No, he doesn't. He loves junk food. He likes pizza, chips, hamburgers, ice cream, apple pie and smokes a lot. He doesn't exercise.
Sairy: And how many hours does he sleep?
Edgardo: He sleeps 5 hours and works for long hours with the computer.
Sairy: Oh my god! , he has unhealthy habits. He might get sick.
Thank you for taking the time to answer my questions.
Edgardo: You're welcome.

QUESTIONS

1. **What is the main idea from the text?**
   a. Food choices
   b. Sports
   c. Daily routine
   d. Talk about likes and dislikes.

complete the form with detailed information from the survey they read.

LIVEWORKSHEETS



Activity 3: let's interpret the text

6. **Veggies"** means …
   a. Junk food
   b. Fruits
   c. Vegetables
   d. Candy

7. Edgardo has…
   a. A bad lifestyle
   b. Unhealthy eating
   c. Healthy eating habits
   d. Vegan habits
8. Which is considered junk food
   a. Burgers and coke
   b. carrots and lettuce
   c. Tomatoes and carrots
   d. Quinoa and maca

Activity 4: Let's answer!

For the design of the texts, what is the format of the texts?

a) Informative

b) Narrative

c) Descriptive

d) Instructive

LIVEWORKSHEETS

9. **In your opinion, what healthy habit should he adopt?**



a. **Eat more vegetables**
b. **Sleep 4 hours**
c. **To go to the Gym**



a. **Exercises**
b. **To eat junk food**
c. **To sleep more**

Activity 5 Let's practice!

Grammar focus: wh- questions with DO

Let's practice

Use the key words in the box to write questions.

DO - EAT

DO- GO

WHERE – PLAY

HOW OFTEN – EAT

WHEN – GO

WHAT- DO

A. _____ do you __ veggies? _____

B. _____ do you ____ biking? _____

C. _____do you _____ __ sports? _____

D. _____ you _____ fruit? _____

E. _____ sports _____ you play? _____

F. _____ you _____running? _____

- I eat veggies every day.
- In the mornings.
- In the park.
- Yes, I do.
- I go running.
- No, I don´t.

LIVEWORKSHEETS

Activity 6: Let's produce!

- complete the questionnaire form done by Sary!!

QUESTIONNAIRE FORM DONE BY SARY
"Eating healthy food and good habits' survey"

Name:

Age:

1. Do you eat vegetables?
2. How often do you eat vegetables?
3. Do you eat fruit?
4. How often eat fruit?
5. Do you eat junky food?
6. How often do you eat junky food?
7. How many hours do you sleep?
8. Do you do exercise?
9. How often do you do exercise?

LIVEWORKSHEETS