



UNIDAD EDUCATIVA  
"ELOY ALFARO"  
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MINISTERIO DE EDUCACIÓN



EL GOBIERNO  
DE TODOS

# HEALTHY LIFESTYLE



1. Label the food. Then, listen to the presentation and confirm.

## Vocabulary Strategy

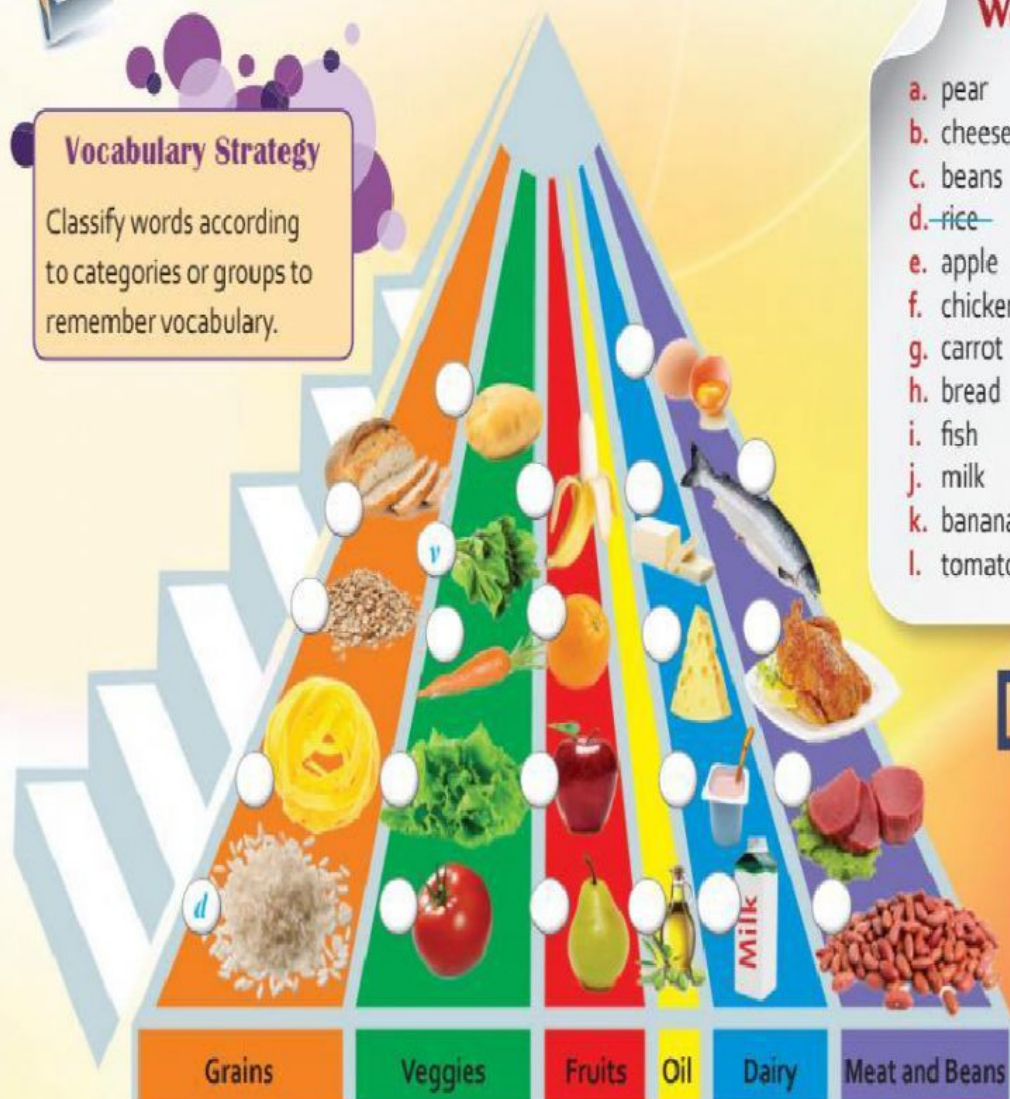
Classify words according to categories or groups to remember vocabulary.

## Word Bank

- |                    |                       |
|--------------------|-----------------------|
| a. pear            | m. pasta              |
| b. cheese          | n. yogurt             |
| c. beans           | o. lettuce            |
| d. <del>rice</del> | p. oatmeal            |
| e. apple           | q. butter             |
| f. chicken         | r. oil                |
| g. carrot          | s. potato             |
| h. bread           | t. beef               |
| i. fish            | u. orange             |
| j. milk            | v. <del>spinach</del> |
| k. banana          | w. egg                |
| l. tomato          |                       |

## Key Expressions

Veggies:  
vegetables





# BENEFITS OF EATING HEALTHY



2. Read and mark the parts of a brochure with a letter.  
Use the Word Bank.

## Top Ways to Healthier Eating

Good nutrition is essential for a better quality of life. The secret is to eat the appropriate amount of food from each group. Check out the following tips:

**Eat a lot of fruit:** Eat a variety of fruit every day. For a recommended 2,000 calories, you need to eat 2 servings of fruit. Fruit provides vitamins and minerals that are good for your immune system.

**Vary your vegetables:** Alternate green vegetables like spinach, celery, and orange vegetables like carrots. Veggies give nutrients to maintain healthy skin, eyes, and at the same time prevent heart problems.

**Get the benefits of milk:** Have 3 glasses of milk or a slice of cheese to get the calcium that you need for stronger bones. Yogurt is

also the best option for a better digestive system.

**Eat grains:** You need a lot of energy so you can eat 3 servings of grains like cereals, bread or rice every day. One serving is equivalent to a slice of bread or  $\frac{1}{2}$  cup of rice.




**Vary your protein:** Protein is an important component for every cell in your body. Get your protein from beans, fish and meat. Fish like salmon is especially good for your brain.

### Be careful with sugar and junk food

Everybody likes candies, ice cream, hamburgers and hot dogs. However, too much sugar and junk food may provoke diabetes and obesity.

Kids' Health Association™, 2012

3. Select with a cross X the correct information about the reading

 <p>a. is especially good for your</p>	 <p>immune system.</p>	 <p>bones.</p>	 <p>heart.</p>
 <p>b. is especially good for your</p>	 <p>skin.</p>	 <p>digestive system.</p>	 <p>eyes.</p>
 <p>c. is especially good for your</p>	 <p>brain.</p>	 <p>bones.</p>	 <p>skin.</p>
 <p>d. is especially good for your</p>	 <p>heart.</p>	 <p>skin.</p>	 <p>bones.</p>

# TIPS FOR A HEALTHY

Match the correct answer



I drink detox juicing

1. I

2. I

3. I

4. I

5. I

Rewrite the sentences follow the example

## A HEALTHY LIFESTYLE



He likes to have a healthy lifestyle every day.  
He has a healthy lifestyle everyday

He likes to work out 30 minutes a day

He likes to drink water 8 glasses a day

He likes to eat more healthy food a day

He likes to sleep 8 hours a day