

Let's Change Our Lifestyle

Upside Down World



Activity 2: Healthy Food Habits LEAD IN

1. Look at the chart and answer the questions. Write "X" in the right boxes.

1. What is the chart about?

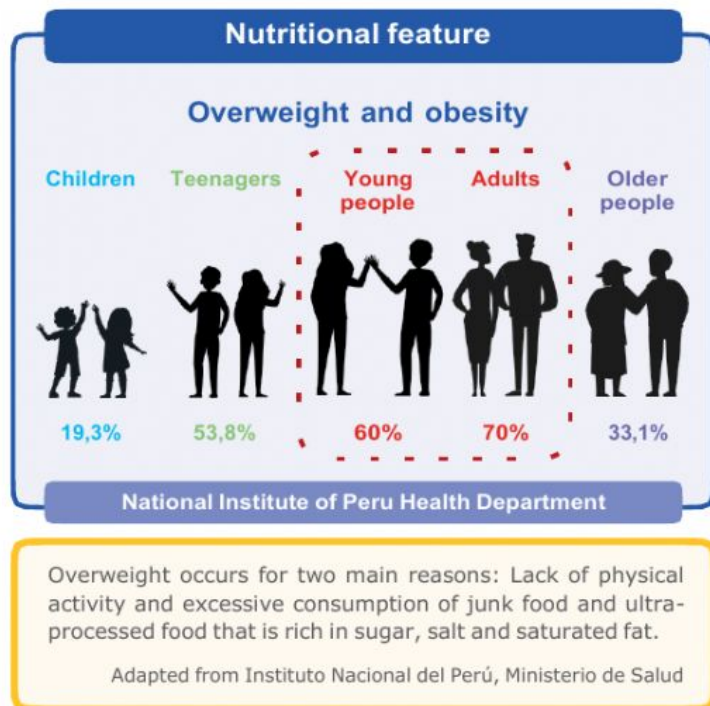
- a. Diabetes ☐
- b. Overweight and obesity ☐

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 ☐



Adaptado de Observate-T Perú. (S. f.). Perú es el tercer país de la región en obesidad y sobrepeso. Retrieved from <https://observateperu.ins.gob.pe/noticias/272-peru-es-el-tercer-pais-de-la-region-en-obesidad-y-sobrepeso>

* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.



2. Classify the eating habits.

A

I love junk food. I always eat it.

B

I eat fruits every day.

C

I like vegetables. Sweet potatoes are my favorite.

D

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

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

LET'S PRACTISE!

LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

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

A. Listen and write "X" in the right box.

The questionnaire is about:

Food choices

Sports





B. Listen and complete the questionnaire form

QUESTIONNAIRE FORM

Name: Edgardo

1. Age: _____

2. Eat vegetables? Yes

3. How often eat vegetables? _____

4. Eat fruit? _____

5. How often eat fruit? _____

Done by Sayri

PRACTISE-EXERCISE 2

1. 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

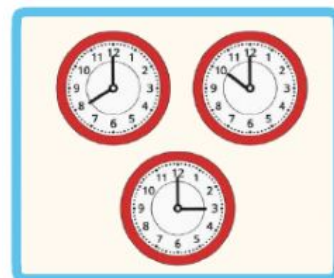
eat fruit?

Yes, I do.

D

do you eat fruit?

I eat fruit three times a day.





NOTEMOS ALGO:

1. Do you eat veggies?

Yes, I do.

2. What do you usually eat?

I usually eat vegetable salads.

¿Cuál de las dos preguntas obtiene una información específica?

PRACTISE-EXERCISE 3

Use the key words in the box to **write** questions.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.



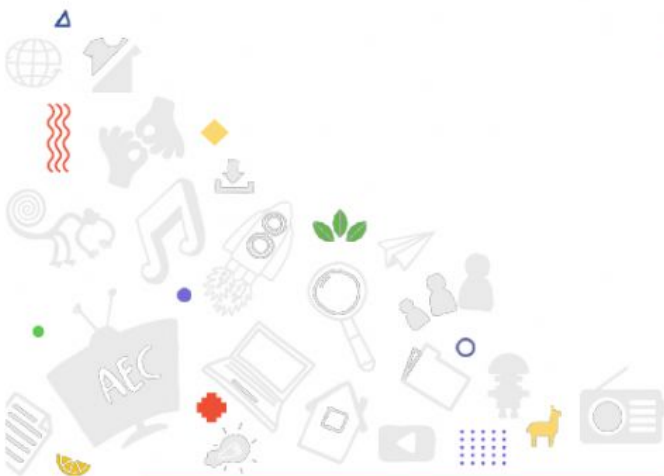
Sigue revisando lo que puedes hacer con el inglés según los estándares internacionales. Aquí algunas preguntas más. ¿Lo puedes lograr?



1. ¿Puedo comprender información específica en un texto sencillo que escucho en inglés?
SÍ - NO
2. ¿Puedo reconocer las acciones que realiza una persona en un texto sencillo en inglés apoyándome con imágenes?
SÍ - NO

This is the end
of Activity 2.
Bye-bye!

Continue with Activity 3.



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