



TEACHER: _____

Grade: _____

STUDENT: _____

DATE: _____

1 - Look at the chart and answer the questions

1. What is the chart about?

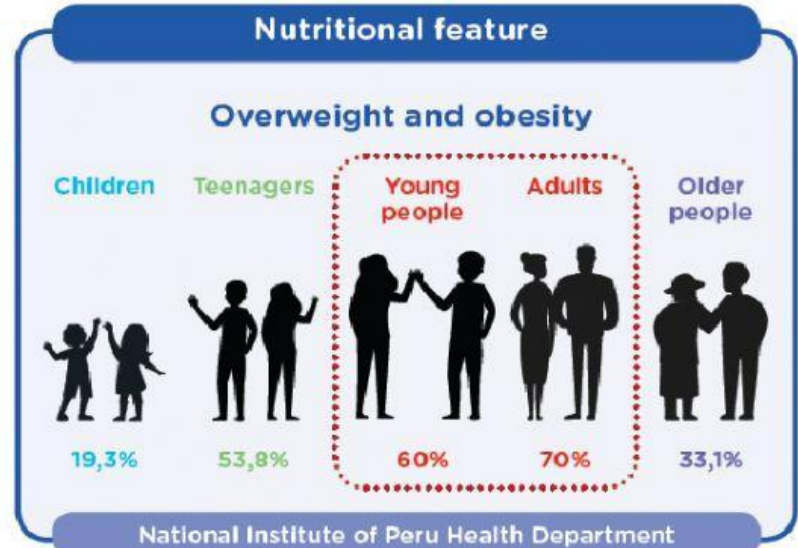
- a. Diabetes ☐
- b. Overweight and obesity ☐

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 ☐



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

2 - Classify the eating habits.



I love junk food.
I always eat it.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS



I eat fruits every day.



I like vegetables.
Sweet potatoes are my favorite.



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

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

A. Listen and write "X" the answer.

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

4 - Read the answer and choose the option to 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?

5 - 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.



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