

LEARNING EXPERIENCE 8 - LEVEL A1

Let's change our lifestyle!

ACTIVITY 2: Healthy Food Habits

Student's name: _____ Grade: _____

COMPETENCIA Se comunica oralmente en inglés como lengua extranjera	PROPÓSITO Comprende información específica de textos orales en inglés sobre hábitos de alimentación saludable.	CRITERIOS Infiere información de texto oral donde se describen hábitos de alimentación saludable	¿QUÉ HAREMOS? ✓ Mira la tabla y responde las preguntas, luego clasifica los hábitos alimenticios. ✓ Escucha, marca y completa la respuesta según el cuestionario. ✓ Utiliza las palabras claves del cuadro para escribir preguntas.
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LEAD IN: Look at the chart and answer the questions.

- What is the chart about?
 - Diabetes
 - Overweight and obesity
- What causes overweight and obesity?
 - Ultra-processed food
 - Lack of exercise
 - Good eating habits
- Which group is most overweight or obese?
 - Children
 - Teenagers
 - 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.

A

love junk food. I always eat it.

UNHEALTHY EATING HABITS

B

I eat fruits every day.

C

I like vegetables. Sweet potatoes are my favorite.

HEALTHY EATING HABITS

D

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

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 tick "✓" 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? _____

3. How often eat vegetables? _____

4. Eat fruit? _____

5. How often eat fruit? _____

Done by Sayri

PRACTISE-EXERCISE 2. Use the key words in the box to **write** complete questions.

A Do you eat vegetables?

Yes, I like veggies!



C _____ eat fruit?

Yes, I do.



B How often _____ eat vegetables?

I eat veggies every day.

D _____ do you eat fruit?

I eat fruit three times a day.



Notemos algo

1. Do you eat fruit?
Yes, I do.

2. What do you usually eat?
I usually eat vegetables salads

¿Cuál de las dos preguntas obtiene una información específica? _____

PRACTISE-EXERCISE 3. Use the key words in the box to **write** questions.

Do-eat

Do-go

Where-play

When-go

What-do

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.



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