



PERÚ

Ministerio  
de Educación

GRE La Libertad

UGEL  
Sánchez CarriónI.E. San Nicolás  
HuamachucoAPRENDO  
en casa

# ENGLISH: Level A1 - WEEK 29

## Experience 08

### "LET'S CHANGE OUR LIFESTYLE"

## ACTIVITY 02

### HEALTHY FOOD HABITS

#### LEAD IN!

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

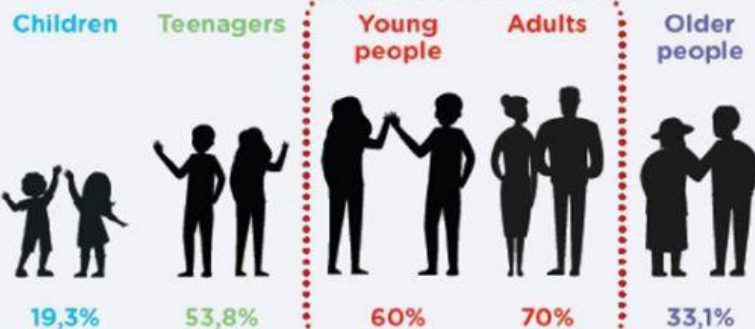
☐

c. Adults

☐

#### Nutritional feature

#### Overweight and obesity



National Institute of Peru Health Department

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



I love junk food.  
I always eat it.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

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.







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## LET'S PRACTICE!

### LISTENING COMPREHENSION

#### Exercise 1

Sayri made a questionnaire to find out about peoples' eating habits. LISTEN TO the interview.  
LISTEN and TICK "✓" the answer.

The questionnaire is about:

Food choices

Sports

☐  
☐

#### Exercise 2

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

**Exercise 3** 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**.



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**Exercise 4** 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.

