



Name: \_\_\_\_\_ Group: \_\_\_\_\_ Date: 27/10/2021



## Activity 1: Healthy Food Habits



**Goal - Propósito:** Identifica información sobre una entrevista acerca de hábitos alimenticios.



Label the pictures. Escribe las palabras debajo de la imagen correcta

overweight / obesity – junk food – lack of physical activity – sugar – saturated fat –  
eat vegetables / eat veggies – eat fruits – drink water

1




2




3




4




5




6




7




8

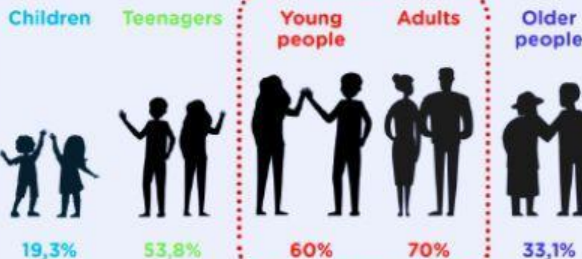




Look at the chart and answer the questions. – Observa el cuadro y responde las preguntas

### 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

1. What is the chart about? ¿De qué se trata el cuadro?

a. Diabetes

☐

b. Overweight and obesity

☐

2. What causes overweight and obesity? ¿Qué causa...?

a. Ultra-processed food

☐

b. Lack of exercise

☐

c. Good eating habits

☐

3. Which group is most overweight or obese? ¿Qué grupo de gente es el más...?

a. Children

☐

b. Teenagers

☐

c. Adults

☐


Classify the eating habits. - Clasifica los hábitos alimenticios escribe si son saludables o no saludables

A



I love junk food.  
I always eat it.

UNHEALTHY  
EATING HABITS

B



I eat fruits every  
day.

HEALTHY  
EATING  
HABITS

UNHEALTHY  
EATING  
HABITS

C



I like vegetables.  
Sweet potatoes are  
my favorite.

D



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



**Listen and check / - Escucha la entrevista y marca la opción correcta.**



The questionnaire is about:

Food choices

Sports

☐  
☐


**Listen and answer the questions - Escucha la entrevista y responde las preguntas.**

Questionnaire Form	
Name:	Edgardo
Age:	
Do you eat vegetables?	YES
How often do you eat vegetables?	
Do you eat fruit?	
How often do you eat fruit?	

Questionnaire Form	
Name:	Mariela
Age:	
Do you eat junk food?	
How often do you eat junk food?	
Do you drink water?	
How often do you drink water?	



**Complete the questions. - Completa las preguntas**

**How often - Do you (x2)**

A

Do you eat vegetables?

Yes, I like veggies!



Las preguntas que inician con **How often** se responden con **frases de frecuencia**

B

How often eat vegetables?

I eat veggies **every day**.



C

eat fruit?

Yes, I do.



Las preguntas que inician con **Do you** se responden con **YES** o **NO**

D

do you eat fruit?

I eat fruit **three times a day**.



**Complete the questions. - Completa las preguntas con las siguientes palabras - >**

Do-eat

Do-go

Where-play

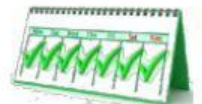
When-go

What-do

How often-eat

1. How often do you eat veggies?

I eat veggies **every day**.



2. \_\_\_\_\_ you \_\_\_\_\_ fruits?



Yes, I do.

3. \_\_\_\_\_ sports \_\_\_\_\_ you play?

I go running.



4. \_\_\_\_\_ do you \_\_\_\_\_ biking?



In the morning

5. \_\_\_\_\_ you \_\_\_\_\_ skateboarding?

No, I don't.



6. \_\_\_\_\_ do you \_\_\_\_\_ sports?



In the park