



PERÚ

Ministerio
de Educación

Learning Experience 8

Let's change our lifestyle!

APRENDO
en casa

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

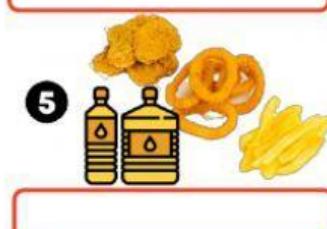


1

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5



6



7



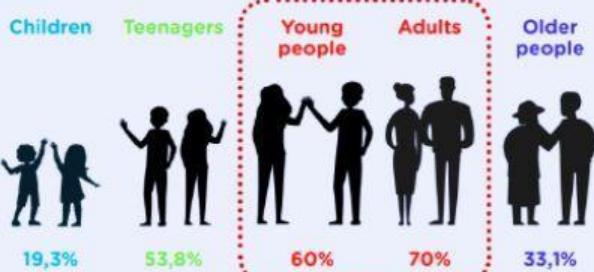
8



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

Nutritional feature

Overweight and obesity



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...?**

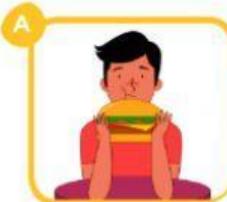
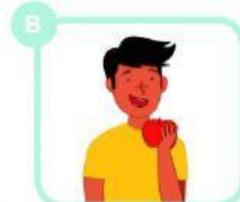
a. Children



b. Teenagers



c. Adults

Classify the eating habits. - Clasifica los hábitos alimenticios escribe si son **saludables** o **no saludables**I love junk food.
I always eat it.UNHEALTHY
EATING HABITS

I eat fruits every day.

HEALTHY
EATING
HABITSUNHEALTHY
EATING
HABITSI like vegetables.
Sweet potatoes are my favorite.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?	

6 Complete the questions. – Completa las preguntas

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**.



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

Do-eat

Do-go

Where-play

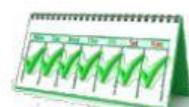
When-go

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