PERÚ Ministerio de Educación

Learning Experience 8
Let's change our lifestyle!

APRENDO en casa

Name: _____ **Group:** ____ **Date:** 03/11/2021

Activity 3: Healthy Activities

Goal - Propósito: **Identifica información en infografías sobre actividades saludables.**

1 **Look at the pictures and tick "✓" all the people who have healthy lifestyle. – Observa las imágenes y marca con un "✓" a las personas que tienen un estilo de vida saludable.**

2 **Read the two infographics. – Lee las 2 infografías sobre recomendaciones brindadas por la OMS.**

LIVEWORKSHEETS

3 **Read and answer: Which WHO recommendations each person needs A or B? – Lee y responde: ¿Qué recomendaciones necesita cada persona? ¿Las recomendaciones de la infografía A o B?**

4 **Read the chart and answer the questions. – Responde las preguntas con la información del cuadro**

QUESTIONS	Maria (13)	Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

DANTE has a healthy lifestyle / unhealthy lifestyle

MARÍA has a healthy lifestyle / unhealthy lifestyle

Who needs to change his/her lifestyle?

DANTE MARÍA

5 **Complete the recommendations with the missing information. – Completa las recomendaciones con las palabras del recuadro.**

Eat x2 – ~~María~~ – stay - do

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3)_____ exercise at home.

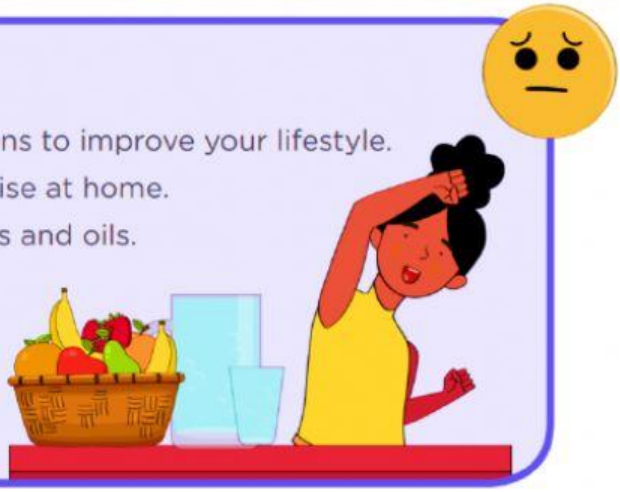
(4) _____moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo



Eat – processed food – Dante - biking

Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____three times a week.

(3) You _____fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy

LIVEWORKSHEETS