

Healthy Food Habits

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

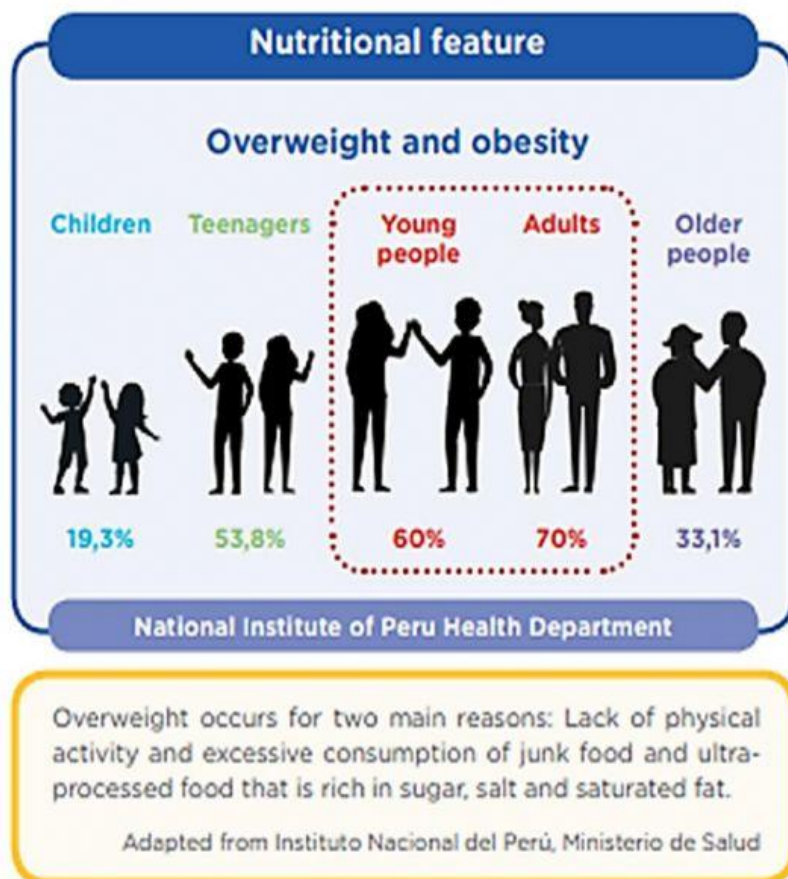
c. Good eating habits

3. Which group is most overweight or obese?

a. Children

b. Teenagers

c. Adults



2. 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**.



3. Use the key words in the box to write questions.



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.

