



NAME:



GRADE:SECTION:

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Healthy Food

LEAD IN

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

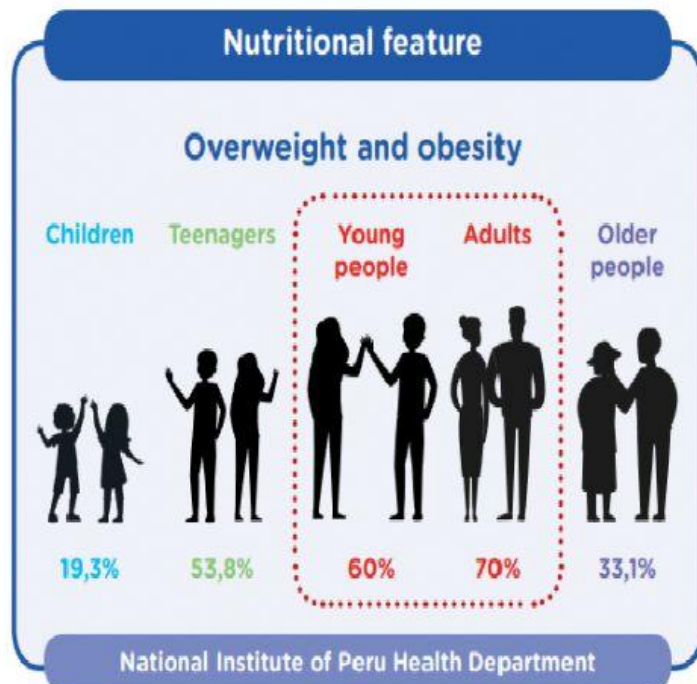
c. Good eating habits

3. Which group is most overweight or obese?

a. Children

b. Teenagers

c. Adults



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