



NAME: .....



GRADE: ..... SECTION: .....

Miss: Ruth Gómez Camacho

## 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

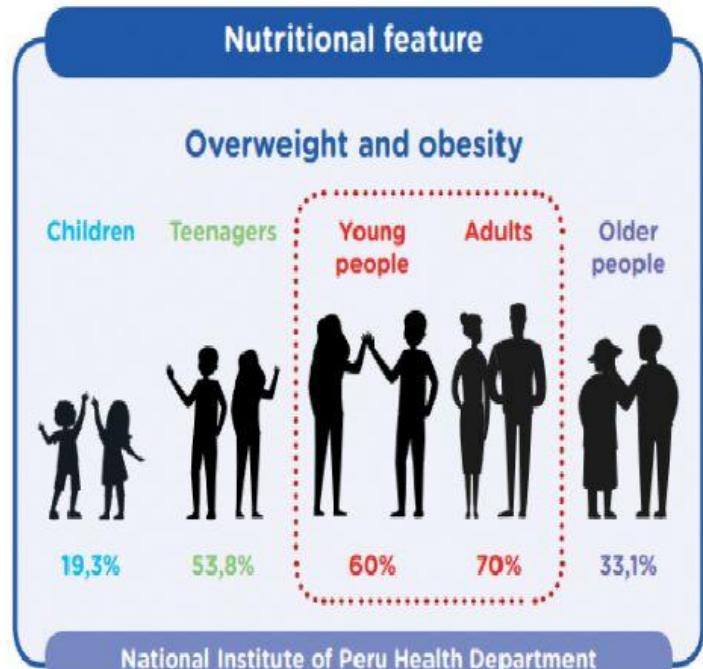
and obesity?

- 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