

Learning Experience 8. Let's Change Our Lifestyle! WEEK 31-4th grade

2nd English Activity: Healthy Food Habits!

IE: Fe y Alegría 32 Surname and names: _____

Date: **November 8th, 2021.** Teacher: **Luz Araujo B.** Grade and Section: **4th** " " "

Activity 2: Healthy Food Habits!

LEAD IN

1. **Look at** the chart and **answer** the questions

1. What is the chart about?

- Diabetes
- Overweight and obesity.

2. What causes overweight and obesity?

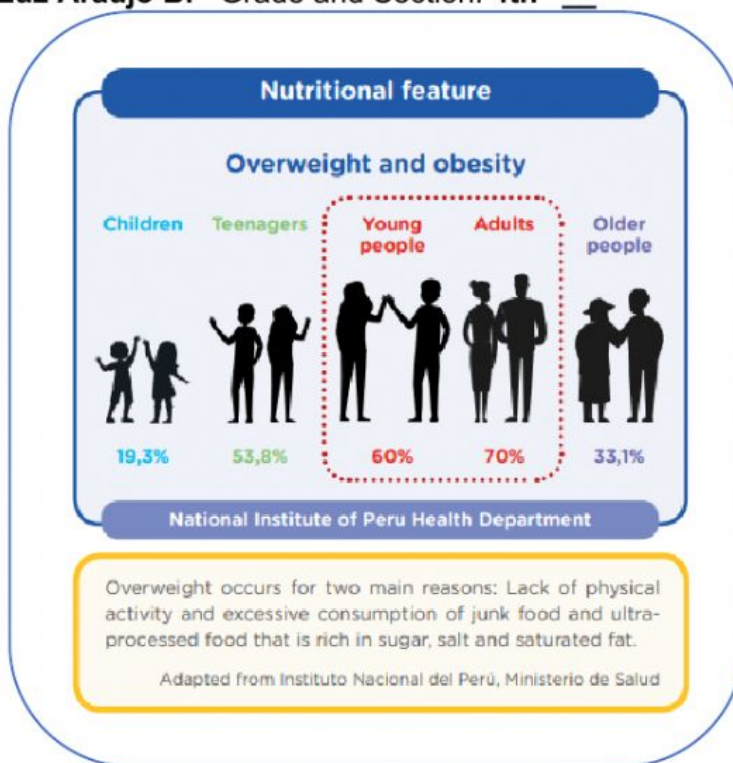
- Ultra-processed food
- Lack of exercise
- Good eating habits

3. Which group is most overweight or obese?

- Children
- Teenagers
- Adults

Adaptado de Observate-T Perú. (S. f.). Perú es el tercer país de la región en obesidad y sobrepeso.

Retrieved from <https://observateperu.ins.gob.pe/noticias/272-peru-es-el-tercer-pais-de-la-region-en-obesidad-y-sobrepeso>.



2. **Classify** the eating habits. Write letters in parentheses)

A

I love junk food. I always eat it.

B

I eat fruits every day.

C

I like vegetables. Sweet potatoes are my favorite.

D

I don't drink water, but I drink sodas every day.

HEALTHY EATING HABITS (,)

UNHEALTHY EATING HABITS (,)

LET'S PRACTISE!

LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

Sayri made a questionnaire to find out about peoples' eating habits. Listen to the interview.

A. Listen and tick " " the answer.

The questionnaire is about Food choices ()

Sports ()



B. Listen and complete the questionnaire form

QUESTIONNAIRE FORM

Name: **Edgardo**

1. Age: _____

2. Eat vegetables? Yes

3. How often eat vegetables? _____

4. Eat fruit? _____

5. How often eat fruit? _____

Done by Sayri

PRACTISE-EXERCISE 2

1. 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**.

NOTEMOS ALGO:

1. Do you eat veggies?

Yes, I do.

2. What do you usually eat?

I usually eat vegetable salads.

¿Cuál de las dos preguntas obtiene una información específica?

PRACTISE-EXERCISE 3

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

Do-eat

Do-go

Where-play

When-go

What-do

How often-eat

A. How often do you eat veggies?

B. _____ do you _____ biking?

C. _____ do you _____ sports?

D. _____ you _____ fruit?

E. _____ sports _____ you play?

F. _____ you _____ running?

I eat veggies every day.

In the mornings.

In the park.

Yes, I do.

I go running.

No, I don't.








Nº	¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas relacionadas a estos estándares. ¿Lo puedes hacer?	Respuestas	
		Si	No
1	¿Puedo comprender información específica en un texto sencillo que escucho en inglés?		
2	¿Puedo reconocer las acciones que realiza una persona en un texto sencillo en inglés apoyándome con imágenes?		