PERÚ Ministerio de Educación

Learning Experience 8
Let's change our lifestyle!

APRENDO en casa

Name: _____ Group: ____ Date: 09/11/2021

Activity 4: Do it yourself

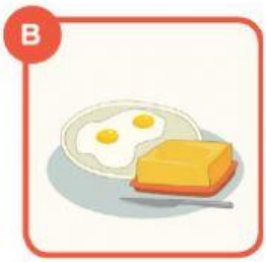
Goal - Propósito: Elabora un cuestionario y un párrafo para promover la actividad física y buenos hábitos alimenticios.

1 Write/Match the phrases with the pictures. - Escribe/ubica la frase bajo la imagen correcta.

Try exercise classes online	Eat moderate amount of fats and oils	Stay active	Drink enough water
Dance to the music	Limit sugar diet	Eat a variety of vegetables and fruit	Take healthy walks

A

_____

B

_____

C

_____

D

_____

E

_____

F

_____

G

_____

H

_____

2 Match the questions and the answers. Une las preguntas con la respuesta correcta:

Do you drink water?	Yes, I do. I love exercise.
How often do you eat vegetables?	I like lettuce, tomatoes and carrots.
Do you exercise?	I eat vegetables twice a week.
What vegetables do you like?	No, I don't. I drink soda.

Let's create. Creamos nuestra evidencia

RETO: elaborar recomendaciones en inglés para promover la actividad física y los buenos hábitos alimenticios de otros adolescentes como tú a partir de la información obtenida en un cuestionario.

PASO 01

Complete questionnaire and interview a friend or relative. – Completa las preguntas del cuestionario y entrevista a un amigo o familiar.

LIVEWORKSHEETS

Topic: Food and drink habits
Name:
Age:
Nationality:

keep ME healthy

ITEM	QUESTIONS
Eat fruits?	_____ Yes ☐ No ☐
What fruit/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like vegetables?	_____ Yes ☐ No ☐
What vegetables/eat?	_____ ☐
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like fast food?	_____ Yes ☐ No ☐
What fast food/eat?	_____ ☐
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Drink water?	_____ Yes ☐ No ☐
Frequency...?	_____ Never ☐ Some of the time ☐ Most of the time ☐ Always ☐
Results:	Healthy lifestyle Unhealthy lifestyle

PASO 02

Complete the paragraph with some recommendation to improve the lifestyle. – Completa el párrafo con recomendaciones para mejorar su estilo de vida.

Dear, _____

You have to follow these recommendations to improve your lifestyle:

1. _____.
2. _____.
3. _____.
4. _____.

Take care.

_____ (your name)

LIVEWORKSHEETS