



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



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

Do you **drink water**?

How often do you **eat vegetables**?

Do you **exercise**?

What **vegetables** do you **like**?

Yes, I do. I love exercise.

I like lettuce, tomatoes and carrots.

I eat vegetables twice a week.

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.

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)

