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ENGLISH: Level A1 - WEEK 31

EXPERIENCE 08

ACTIVITY 04

“LET'S CHANGE OUR LIFESTYLE”

DO IT YOURSELF!

LEAD IN!

LOOK at Sofía's eating habits. Tick “✓” the best recommendation(s) for her.

Topic: Eating habits

Name: Sofía

Age: 16

keep **ME** healthy



ITEM	QUESTIONS
 Eat...?	Do you eat fruits? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
What fruit/eat?	What fruit do you eat? Bananas, oranges
Frequency...?	How often do you eat fruits? Once a week
 Like?	Do you like fast food? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Frequency...?	How often do you eat fast food? Every day

Results: Healthy lifestyle **Unhealthy lifestyle**

Eat fruits and vegetables every day.

A

B

C

Eat a lot of sugar and sodas.

B

Eat moderate fats and oils.

C



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LET'S CREATE!

Follow the steps to create your infographic.

LABEL the pictures with the WHO recommendations:

Eat moderate amounts of fats and oils

Eat a variety of vegetables and fruits

Take healthy walks

Drink enough water

Stay active

Dance to music

Limit sugar diet

Try exercise classes online

Tips for maintaining a healthy diet:

A



B



C



D



Tips for maintaining a good shape:

E



F



G



H





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en casa**STEP 1**SELECT a topic and write your questionnaire.

Eating habits



Physical activities

**STEP 2**WRITE 5 questions to find out information about a friend's lifestyle.
USE this format as an example. You can create your own format.**Topic:** Food and drink habits**Name:****Age:****Nationality:****keep ME healthy**

ITEM	QUESTIONS	
Eat fruits?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
What fruit/eat?		
Frequency...?	Once a day <input type="checkbox"/>	Twice a day <input type="checkbox"/>
	Three times a day <input type="checkbox"/>	More than three times a day <input type="checkbox"/>
Like vegetables?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
What vegetables/eat?		
Frequency...?	Once a day <input type="checkbox"/>	Twice a day <input type="checkbox"/>
	Three times a day <input type="checkbox"/>	More than three times a day <input type="checkbox"/>
Like fast food?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
What fast food/eat?		
Frequency...?	Once a day <input type="checkbox"/>	Twice a day <input type="checkbox"/>
	Three times a day <input type="checkbox"/>	More than three times a day <input type="checkbox"/>
Drink water?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Frequency...?	Never <input type="checkbox"/>	Some of the time <input type="checkbox"/>
	Most of the time <input type="checkbox"/>	Always <input type="checkbox"/>

Results:

Healthy lifestyle

Unhealthy lifestyle



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STEP 3

TEST your questionnaire and **ASK** your questions to a friend, classmate or family member to see if the person has healthy or unhealthy habits.



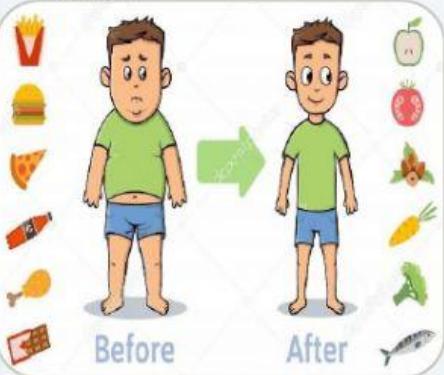
STEP 4

OBSERVE the questionnaire results and give some recommendation.

A. If the result shows bad lifestyle, give some WHO recommendations to the person.

Dear friend,

You have to follow WHO recommendations to improve your _____ habits.



Take care,

(your name)



B. If the results show healthy habits, congratulate the person in English by writing 3 of his / her actions in a note to reinforce their good habits.

Dear friend,

You have healthy habits, **congratulations!**

1. _____
2. _____
3. _____

Help spread the word about healthy lifestyle!

(your name)

