



Let's Change Our Lifestyle

Activity 04: Do it yourself!

NOMBRE: _____

THE CHALLENGE

Tu 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.

LEAD IN

1. Look at Sofia's eating habits. Tick “✓” the best recommendation(s) for her.

Topic: Eating habits		keep ME healthy	
Name: Sofia		5 2 10	
Age: 16			
ITEM	QUESTIONS		
 Eat...?	Do you eat fruits? Yes ☒ No ☐		
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 ☒ No ☐		
Frequency...?	How often do you eat fast food? Every day		
Results: Healthy lifestyle ☐ Unhealthy lifestyle ☒			

Eat fruits and
vegetables every
day.

A ☐

Eat a lot of sugar
and sodas.

B ☐

Eat moderate fats
and oils.

C ☐

2. Label the pictures with the WHO recommendations.

Tips for maintaining a healthy diet:



Tips for maintaining a good shape:



1. Eat moderate amounts of fats and oils.
2. Take healthy walks
3. Drink enough water
4. Stay active
5. Dance to music
6. Limit sugar diet
7. Eat a variety of vegetables and fruits.
8. Try exercise classes online.