



PERÚ

Ministerio  
de Educación

GRE La Libertad

UGEL  
Sánchez Carrión

I.E. San Nicolás  
Huamachuco



English

Level A1

Week 12

Learning Experience  
"Let's change our lifestyle...!"

3

Activity 3  
A healthy routine!

### LET'S UNDERSTAND!

#### Exercise 1

LOOK AT the people and IDENTIFY their problem.

A = Staying Physically Active

B = Eating healthy

Part. A. Which WHO recommendations each person needs A or B?

I don't like quinoa.  
I love sweets.

1

A

I hate sports, but  
I like fast food.

2

I eat a lot of chocolates.  
Vegetables? No, no, thanks.

3

I don't like any sport.

4

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**Part. B.** at María and Dante's information chart and find out who has a healthy or unhealthy lifestyle

QUESTIONS	 María (13)	 Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

María has \_\_\_\_\_

Dante has \_\_\_\_\_

**Exercise 2** Tick (✓) if the routines are **HEALTHY** or **UNHEALTHY**.

Routines	<u>HEALTHY ROUTINE</u>	<u>UNHEALTHY ROUTINE</u>
Do physical exercise every day.		
Never eat junk food.		
Never try online exercising.		
Don't dance to music.		
Always do healthy walks.		
Climb mountains or upstairs.		
Usually play sports on weekends.		
Don't eat moderate amounts of fats or oils.		
Drink at least eight glasses of water every day.		
Limit sugar diet.		
Usually drink sodas.		
Don't eat a variety of food.		
Eat fruits and vegetables.		