

WORKSHEETS

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Topic: Healthy habits

Activity 1.

Instruction: In this activity, you will find a chart with the different meal times in the day; stand up and come to the front to write down your favorite meal at breakfast, lunchtime, teatime and dinner. After that, answer the following questions.

BREAKFAST	LUNCH	TEA TIME	DINNER

Questions

- Which foods on the list are good for health and which are not very good?
- What could be some consequences of eating unhealthy food?

Activity 2

Instruction: Get in pairs and read carefully the following text called "Are you a healthy person?" After that, taking into account the text you read, answer the questions with the answer you think is correct.

Are you a healthy person?

Luis, 40 years old.

The most important thing to stay healthy is to eat good food. People get energy from the food we eat. We grow, walk and play because of the energy we get from food. We must have a balanced diet to stay healthy and fit, a balanced diet that includes a few fruits and many organic vegetables. For example, I eat a salad that includes a type of protein like fish or chicken every day for lunch. I try to avoid sugar and junk food, except on special occasions. Some foods such as fish as chicken meat, egg yolk, nuts and milk have a high amount of protein. Our body needs protein to grow and become taller and stronger. Some types of food are rich in carbohydrates, like bread, potatoes, rice and pasta. These foods provide us with energy to work and play. Other types of foods are full of fat like for example cakes, sweets, butter and cream. Our bodies do need a little amount of fat but too much of it is not good. Fresh fruit and vegetables are full of vitamins and minerals. Vitamins and minerals are very important for the growth of our bodies and to keep ourselves active and running. A balanced diet is the one that contains just the right amount of each type of food.

1. To Luis, the most important thing to stay healthy is to eat _____ food.
Junk
Good
Fit
2. For lunch, Luis eat salad that includes a type of protein like_____.
Potatoes
Butter
Fish or chicken
3. Some types of food are rich in carbohydrates, like_____.
Bread, potatoes, rice and pasta
Nuts and milk
Butter and cream
4. There are types of foods that are full of fat like for example_____.
Vitamins and minerals
Cakes and sweets
Fruits and vegetables
5. _____ are full of vitamins and minerals.
Carbohydrates
Protein
Fresh fruit and vegetables

Activity 3

INSTRUCTION: For this activity, you will make groups; you will find a chart where there are some key words seen in class, with them you must form a paragraph containing a minimum of 100 words and a maximum of 150 words. Take into account the grammar seen in this lesson.

Healthy	Food
Junk	Running
Everyday	Fruits and vegetables
Fish and chicken	Stronger
Carbohydrates	Sugar
Fit	Balanced diet
Protein	Energy