



UNIDAD EDUCATIVA  
**"ELOY ALFARO"**  
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MINISTERIO DE EDUCACIÓN



EL GOBIERNO  
 DE TODOS

# HEALTHY LIFESTYLE



1. Label the food. Then, listen to the presentation and confirm.

### Vocabulary Strategy

Classify words according to categories or groups to remember vocabulary.

### Word Bank

- |                    |                       |
|--------------------|-----------------------|
| a. pear            | m. pasta              |
| b. cheese          | n. yogurt             |
| c. beans           | o. lettuce            |
| d. <del>rice</del> | p. oatmeal            |
| e. apple           | q. butter             |
| f. chicken         | r. oil                |
| g. carrot          | s. potato             |
| h. bread           | t. beef               |
| i. fish            | u. orange             |
| j. milk            | v. <del>spinach</del> |
| k. banana          | w. egg                |
| l. tomato          |                       |



### Key Expressions

Veggies:  
 vegetables

# BENEFITS OF EATING HEALTHY



2. Read and mark the parts of a brochure with a letter.  
Use the Word Bank.

## Top Ways to Healthier Eating

Good nutrition is essential for a better quality of life. The secret is to eat the appropriate amount of food from each group. Check out the following tips:

**Eat a lot of fruit:** Eat a variety of fruit every day. For a recommended 2,000 calories, you need to eat 2 servings of fruit. Fruit provides vitamins and minerals that are good for your immune system.

**Vary your vegetables:** Alternate green vegetables like spinach, celery, and orange vegetables like carrots. Veggies give nutrients to maintain healthy skin, eyes, and at the same time prevent heart problems.

**Get the benefits of milk:** Have 3 glasses of milk or a slice of cheese to get the calcium that you need for stronger bones. Yogurt is

also the best option for a better digestive system.

**Eat grains:** You need a lot of energy so you can eat 3 servings of grains like cereals, bread or rice every day. One serving is equivalent to a slice of bread or ½ cup of rice.

**Vary your protein:** Protein is an important component for every cell in your body. Get your protein from beans, fish and meat. Fish like salmon is especially good for your brain.

### Be careful with sugar and junk food

Everybody likes candies, ice cream, hamburgers and hot dogs. However, too much sugar and junk food may provoke diabetes and obesity.

Kids' Health Association™, 2012

3. Select with a cross X the correct information about the reading

 a. is especially good for your	 immune system.	 bones.	 heart.
 b. is especially good for your	 skin.	 digestive system.	 eyes.
 c. is especially good for your	 brain.	 bones.	 skin.
 d. is especially good for your	 heart.	 skin.	 bones.

# TIPS FOR A HEALTHY

Match the correct answer



I drink detox juicing

1. I

2. I

3. I

4. I

5. I

Rewrite the sentences follow the example

## A HEALTHY LIFESTYLE



He likes to have a healthy lifestyle every day.  
**He has a healthy lifestyle everyday**

He likes to work out 30 minutes a day

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He likes to drink water 8 glasses a day

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He likes to eat more healthy food a day

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He likes to sleep 8 hours a day

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