PERÚ Ministerio de Educación

APRENDO en casa

Worksheet N°29

Name: _____ Grade and Section: _____

Healthy Food Habits

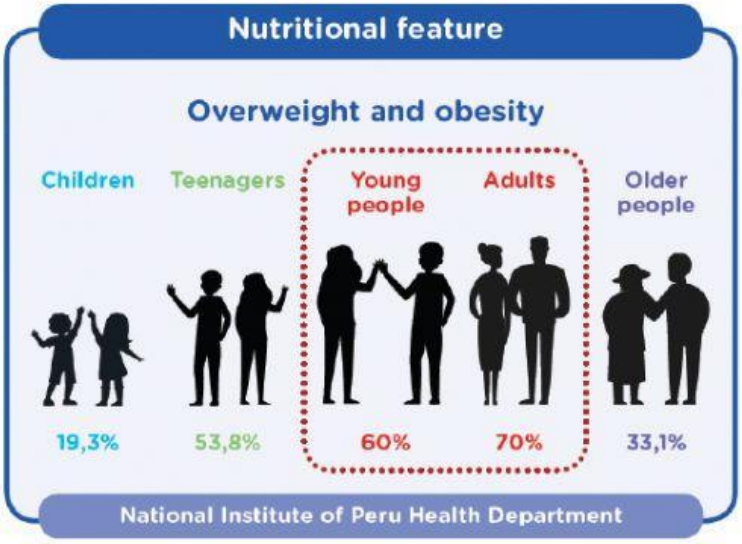
LED IN

***Look** at the* chart and **answer** the questions.

1. What is the chart about?

a. Diabetes ☐

b. Overweight and obesity ☐



2. What causes overweight and obesity?

a. Ultra-processed food ☐

b. Lack of exercise ☐

c. Good eating habits ☐

3. Which group is most overweight or obese?

a. Children ☐

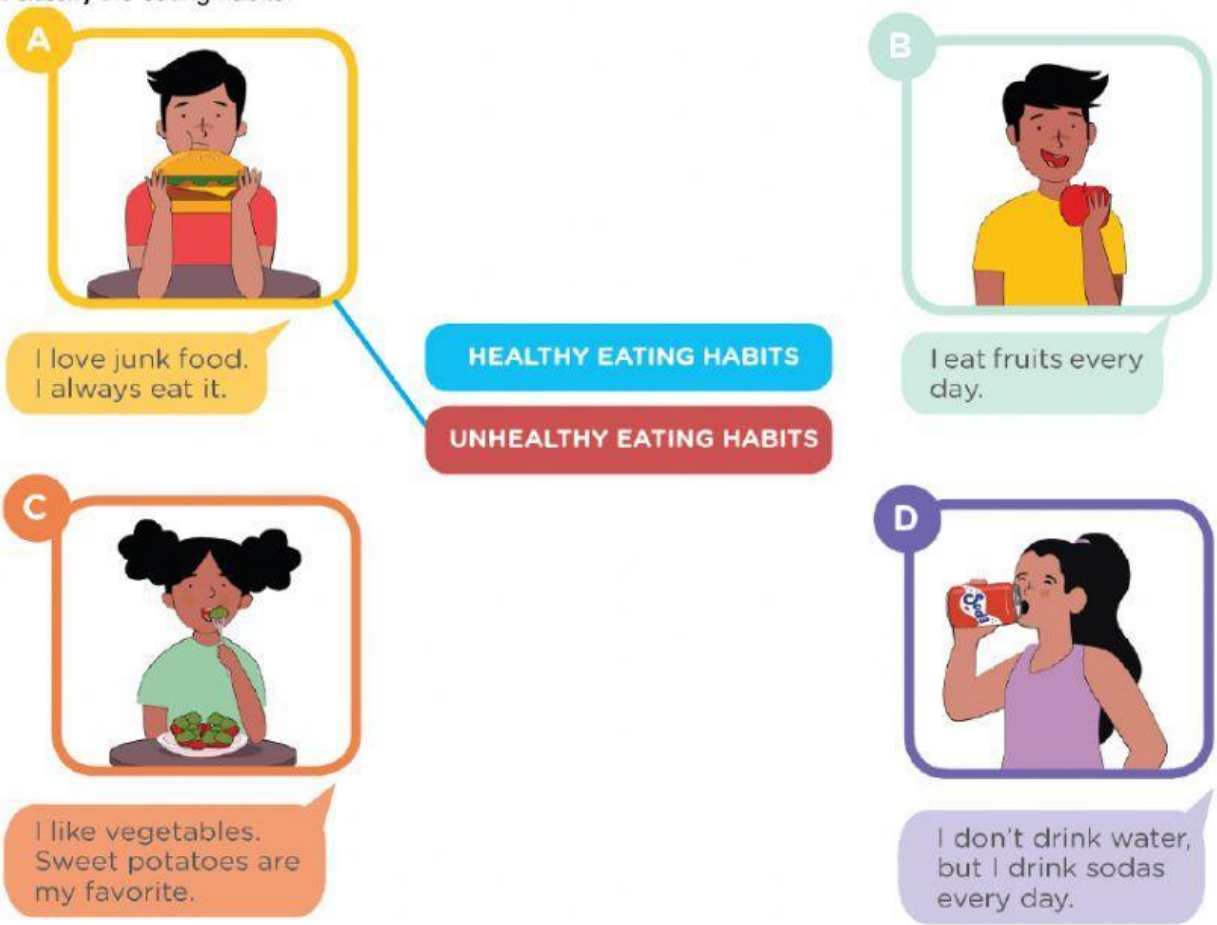
b. Teenagers ☐

c. Adults ☐

Overweight occurs for two main reasons: Lack of physical activity and excessive consumption of junk food and ultra-processed food that is rich in sugar, salt and saturated fat.

Adapted from Instituto Nacional del Perú, Ministerio de Salud

2. Classify the eating habits.



LIVEWORKSHEETS

LET'S PRACTICE: LISTENING COMPREHENSION

PRACTISE-EXERCISE 1

Sayri made a questionnaire to find out about peoples' eating habits. Listen to the interview.

A. Listen and **tick** "✓" the answer.

The questionnaire is about:

Food choices ☐

Sports ☐



B. Listen and **complete** the questionnaire form.

QUESTIONNAIRE FORM

Name: **Edgardo**

1. Age: _____
2. Eat vegetables? **Yes**
3. How often eat vegetables? _____
4. Eat fruit? _____
5. How often eat fruit? _____

Done by Sayri

NOTEMOS ALGO:

1. Do you eat veggies? — Yes, I do.

2. What do you usually eat? — I usually eat vegetable salads.

¿Cuál de las dos preguntas obtiene una información específica?

_____

PRACTISE-EXERCISE 2

Use the key words in the box to **write** questions.

Do-eat | Do-go | Where-play | When-go | What-do | How often-eat

A. How often do you eat veggies? — I eat veggies every day.



B. _____ do you _____ biking? — In the mornings.



C. _____ do you _____ sports? — In the park.



D. _____ you _____ fruit? — Yes, I do.



E. _____ sports _____ you play? — I go running.



F. _____ you _____running? — No, I don´t.



LIVEWORKSHEETS