



PERÚ

Ministerio  
de EducaciónAPRENDO  
en casa

1 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



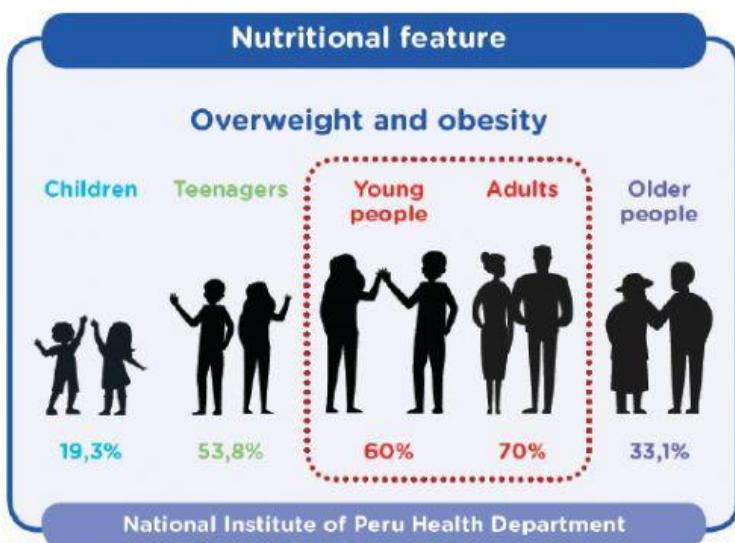
2. What causes overweight and obesity?

- 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



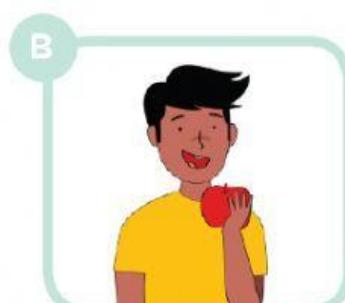
Overweight occurs for two main reasons: Lack of physical activity and excessive consumption of junk food and ultra-processed food that is rich in sugar, salt and saturated fat.

Adapted from Instituto Nacional del Perú, Ministerio de Salud

2. Classify the eating habits.



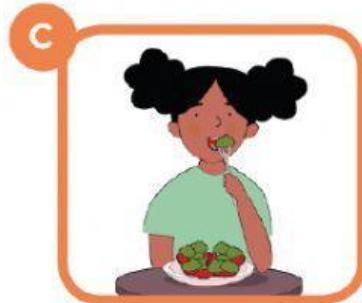
I love junk food.  
I always eat it.



I eat fruits every day.

**HEALTHY EATING HABITS**

**UNHEALTHY EATING HABITS**



I like vegetables.  
Sweet potatoes are my favorite.



I don't drink water,  
but I drink sodas every day.

## 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: \_\_\_\_\_ **Yes**

2. Eat vegetables? \_\_\_\_\_

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.

