

**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?

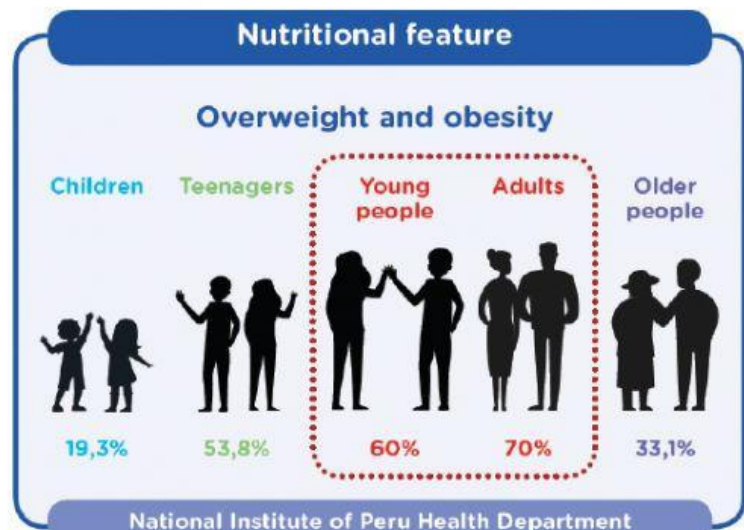
- a. Diabetes ☐
- b. Overweight and obesity ☐

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 ☐



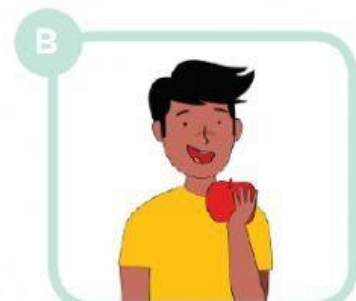
Overweight occurs for two main reasons: Lack of physical activity and excessive consumption of junk food and ultra-processed food that is rich in sugar, salt and saturated fat.

Adapted from Instituto Nacional del Perú, Ministerio de Salud

2. Classify the eating habits.



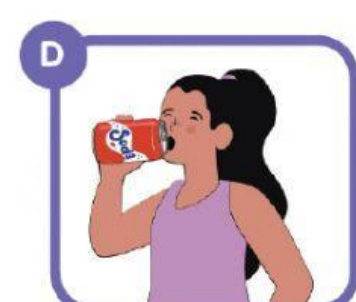
I love junk food.  
I always eat it.

**HEALTHY EATING HABITS****UNHEALTHY EATING HABITS**

I eat fruits every  
day.



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: \_\_\_\_\_
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.

