



PERÚ

Ministerio  
de Educación

APRENDO  
en casa

LEARNING EXPERIENCE 8

English: Level A1

## Let's Change Our Lifestyle



### Activity 2: Healthy Food Habits LEAD IN

1. Look at the chart and answer the questions.

1. What is the chart about?

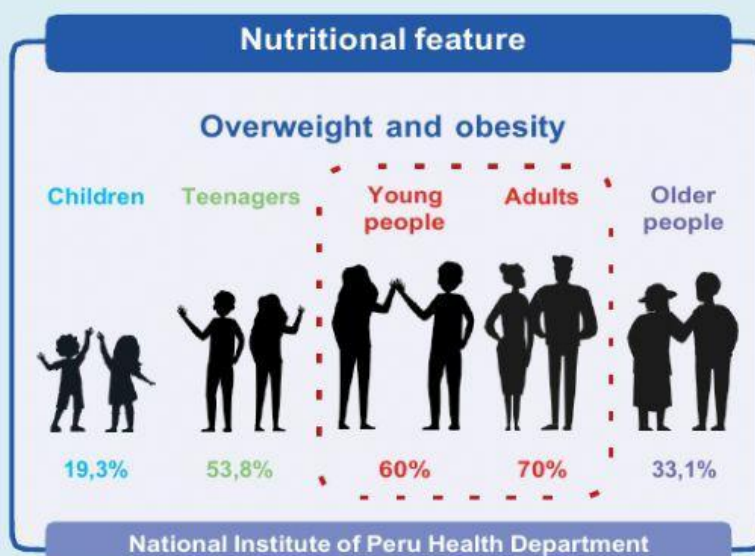
- a. Diabetes ☐
- b. Overweight and obesity ☐

2. What causes overweight and obesity?

- a. Ultra-processed fish ☐
- b. Lack of exercise ☐
- c. Bad 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



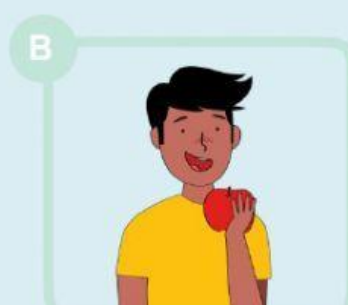
2. Classify the eating habits.



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 PRACTISE!

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

**PRACTISE-EXERCISE 2**

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

**A**

Do you \_\_\_\_\_ eat vegetables?

Yes, I like veggies!



**B**

How often \_\_\_\_\_ eat vegetables?

I eat veggies **every day**.



**C**

\_\_\_\_\_ eat fruit?

Yes, I do.



**D**

\_\_\_\_\_ do you eat fruit?

I eat fruit **three times a day**.





## 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 3

Use the key words in the box to write questions.

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.





Sigue revisando lo que puedes hacer con el inglés según los estándares internacionales. Aquí algunas preguntas más. ¿Lo puedes lograr?



1. ¿Puedo comprender información específica en un texto sencillo que escucho en inglés?

**SÍ - NO**

2. ¿Puedo reconocer las acciones que realiza una persona en un texto sencillo en inglés apoyándome con imágenes?

**SÍ - NO**

This is the end of Activity 2. Bye-bye!

Continue with Activity 3.

