



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

ENGLISH: Level A1 - WEEK 29

Experience 08

"LET'S CHANGE OUR LIFESTYLE"

ACTIVITY 02

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 food

b. Lack of exercise

c. Good eating habits

3. Which group is most overweight or obese?

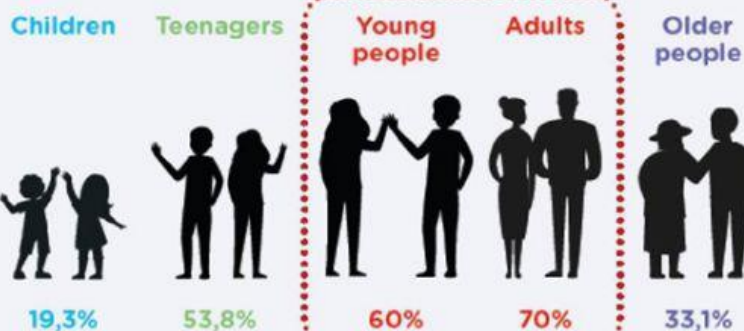
a. Children

b. Teenagers

c. Adults

Nutritional feature

Overweight and obesity



National Institute of Peru Health Department

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.

A



I love junk food.
I always eat it.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

B



I eat fruits every
day.

C



I like vegetables.
Sweet potatoes are
my favorite.

D



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





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LET'S PRACTICE!

LISTENING COMPREHENSION

Exercise 1

Sayri made a questionnaire to find out about peoples' eating habits. LISTEN TO the interview.
LISTEN and TICK "✓" the answer.

The questionnaire is about:

Food choices

☐

Sports

☐

Exercise 2

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



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Exercise 3 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.



Exercise 4 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.

