APRENDO en casa

LEVEL A1 | LE8 Week 02

LET'S CHANGE OUR LIFESTYLE!



COMPETENCIA: Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

PROPÓSITO: Comprender información específica de textos en inglés sobre promover actividades físicas y estilos saludables de vida, a fin de elaborar un texto en inglés con las recomendaciones pertinentes para la situación.

CHALLENGE: Elaborar recomendaciones en inglés para promover la actividad física y los buenos hábitos alimenticios de otros adolescentes como tú a partir de la información obtenida en un cuestionario.

@Mrs.Jessica.Carhuavilca

STUDENT'S NAME: _____ CLASS: _____

TEACHER'S NAME: _____ DATE: _____



Activity 1: HEALTHY FOOD HABITS !

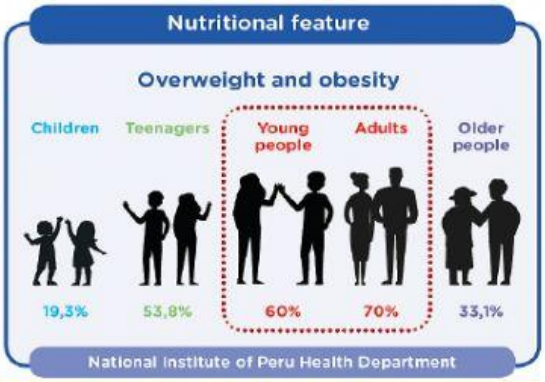
LEAD IN!

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



Overweight occurs for two main reasons: Lack of physical activity and excessive consumption of junk food and ultraprocessed 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.

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.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

LET'S PRACTISE!

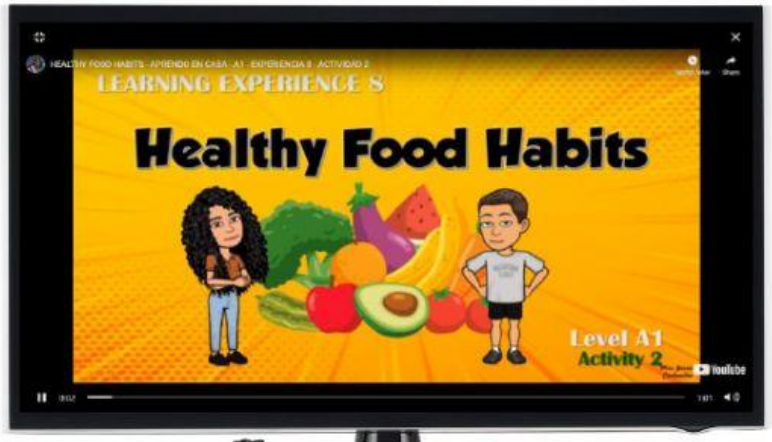
LISTENING COMPREHENSION

EXERCISE 1

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



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https://youtu.be/arlb9H2MtoE



LIVEWORKSHEETS

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

The questionnaire is about:



a. Food choices ☐

b. 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

EXERCISE 2

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

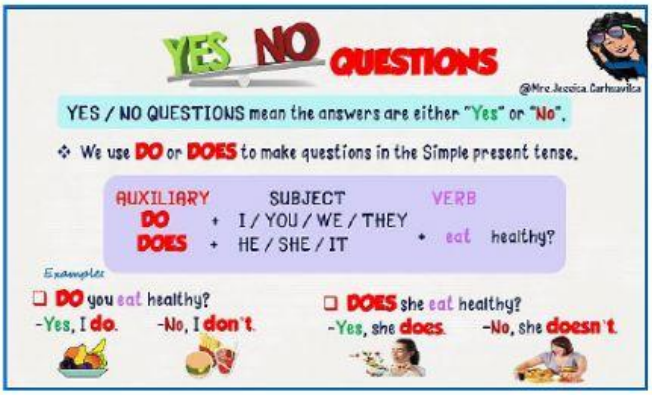


NOTEMOS ALGO:

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?

_____



EXERCISE 3

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.



WHAT ABOUT YOU?



Do you eat vegetables?

_____

How often do you eat vegetables?

_____

@Mrs.Jessica.Carhuavilca

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



	What to Do?	SI	NO
1	¿Puedo comprender información específica en un texto sencillo que escucho en inglés?		
2	¿Puedo reconocer las acciones que realiza una persona en un texto sencillo en inglés apoyándome con imágenes?		

LIVEWORKSHEETS