



Let's change our lifestyle (Cambiemos nuestro estilo de vida)

Activity 2 : Healthy food habits (Hábitos alimentarios saludables)

Competencia: Lee 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.

FULL NAME: **DATE:**

Activity 2: Healthy Food Habits

LEAD IN

1. Look at the chart and answer the questions.

1. What is the chart about?

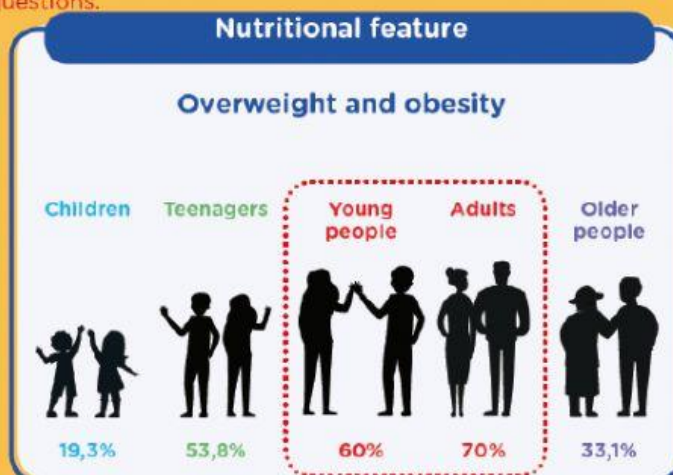
- a. Diabetes ☐
- b. Overweight and obesity ☐

2. What causes overweight and obesity?

- a. Ultra-processed food ☐
- b. Lack of exercise ☐
- c. Good eating habits ☐

3. Which group is most overweight or obese?

- a. Children ☐
- b. Teenagers ☐
- c. Adults ☐



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.



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: _____ **Yes**

2. Eat vegetables? _____

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.

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.



Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés? Aquí algunas preguntas sobre lo que puedes hacer en inglés.

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 en imágenes?

SÍ - NO