Cuya Huapaya Claudia

Healthy Food Habits

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 ☐

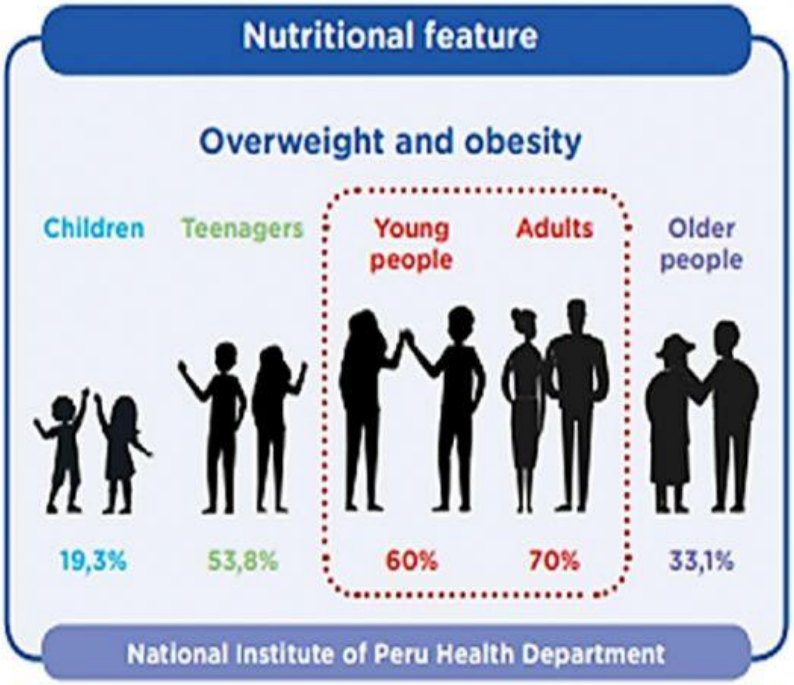
c. Good eating habits ☐

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 ultra-processed food that is rich in sugar, salt and saturated fat.

Adapted from Instituto Nacional del Perú, Ministerio de Salud

LIVEWORKSHEETS

2. 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.**



LIVEWORKSHEETS

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.



LIVEWORKSHEETS

4. Classify the eating habits

A



I love junk food. I always eat it.

B



I eat fruits every day.

HEALTHY EATING HABITS

UNHEALTHY EATING HABITS

C



I like vegetables. Sweet potatoes are my favorite.

D



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

Pay attention!

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 especifica?

_____

LIVEWORKSHEETS