



I.E. 7080 "JORGE BERNALES SALAS"



NAME: .....



GRADE: .....SECTION: .....

Miss: Ruth Gómez Camacho

## Healthy Food

### LEAD IN

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

☐