



PERÚ

Ministerio
de EducaciónAPRENDO
en casa

Worksheet N°31

Name: _____ Grade and Section: _____

DO IT YOURSELF!**LEAD IN:** Look at Sofia's eating habits. Tick "✓" the best recommendation(s) for her.

Topic: Eating habits		keep ME healthy
Name: Sofía		
Age: 16		
ITEM	QUESTIONS	
Eat...?	Do you eat fruits?	
	Yes ☒ No ☐	
What fruit/eat?	What fruit do you eat?	
	Bananas, oranges	
Frequency...?	How often do you eat fruits?	
	Once a week	
Like?	Do you like fast food?	
	Yes ☒ No ☐	
Frequency...?	How often do you eat fast food?	
	Every day	
Results: Healthy lifestyle ☐ Unhealthy lifestyle ☒		

Eat fruits and vegetables every day.
☒

Eat a lot of sugar and sodas.
☐

Eat moderate fats and oils.
☐

Let's create!

La Organización Mundial de la Salud (OMS o World Health Organization, WHO) promueve la campaña "Healthy at home" para que la gente mejore sus hábitos durante el periodo de confinamiento. La falta de actividad física y una inadecuada alimentación pueden causar diversas enfermedades, como obesidad, diabetes, cáncer, entre otras. Por ello, se lanza esta campaña para crear conciencia sobre la importancia de realizar actividades físicas y tener hábitos alimenticios saludables, #HealthyAtHome.

- ❖ Tu reto: 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.
- ❖ Desarrolla las actividades 1, 2 y 3. Te ayudarán a enfrentar tu reto.

Label the pictures with the WHO recommendations:

Eat moderate amounts of fats and oils - Take healthy walks
 Drink enough water - Stay active - Dance to music
 Limit sugar diet - Eat a variety of vegetables and fruits
 Try exercise classes online

Tips for maintaining a healthy diet:



Tips for maintaining a good shape:



Step 1:

Select a topic and **write** your questionnaire.

Eating habits ☐

Physical activities ☐

Step 2:

Write 5 questions to find out information about a friend's lifestyle.
Use this format as an example. You can create your own format.

Topic: Food and drink habits	
Name:	keep ME healthy 
Age:	
Nationality:	
ITEM	QUESTIONS
Eat fruits?	_____ Yes ☐ No ☐
What fruit/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like vegetables?	_____ Yes ☐ No ☐
What vegetables/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Like fast food?	_____ Yes ☐ No ☐
What fast food/eat?	_____
Frequency...?	_____ Once a day ☐ Twice a day ☐ Three times a day ☐ More than three times a day ☐
Drink water?	_____ Yes ☐ No ☐
Frequency...?	_____ Never ☐ Some of the time ☐ Most of the time ☐ Always ☐
Results:	Healthy lifestyle ☐ Unhealthy lifestyle ☐

Step 3:

Test your questionnaire and ask your questions to a friend, classmate or family member to see if the person has healthy or unhealthy habits.

Step 4: **Observe** the questionnaire results and **give** some recommendation.

A. If the result shows **bad lifestyle**, give some WHO recommendations to the person.



Dear friend,

You have to follow WHO recommendations to improve your _____ habits.

Add a picture
about your
recommendation

Take care, _____

(your name)

B. If the results show **healthy habits**, congratulate the person in English by writing 3 of his/ her actions in a note to reinforce their good habits.



Dear friend,

You have healthy habits, **congratulations!**

1. _____
2. _____
3. _____

Help spread the word about healthy lifestyle!

(your name)

Add a picture
about your
recommendation

LET'S REFLECT!

Al escribir un texto en inglés:		No	Sí, pero necesito ayuda	Sí	Sí y muy bien
1	¿Lo adecuó para dar recomendaciones a fin de promover actividades físicas y hábitos alimenticios en tiempos de pandemia?				
2	¿Organizo mis ideas para identificar un problema y seleccionar de manera coherente el tipo de recomendación que necesita a fin de promover un estilo de vida más saludable?				
3	¿Empleo el presente simple, vocabulario relacionado con actividades físicas y hábitos alimenticios, preguntas específicas ("what", "where", "how often", "when") y preguntas de tipo sí o no correctamente?				
4	¿Reviso el texto para verificar el uso correcto del presente simple, las preguntas y el vocabulario adecuado, que promuevan actividades físicas y hábitos alimenticios saludables en tiempos de pandemia?				