



Let's Change Our Lifestyle

Activity 03: Healthy Activities

NOMBRE:

THE CHALLENGE

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.

LEAD IN

Look at the pictures and tick “✓” all the people who have healthy lifestyle.

A



a. ☒



b. ☐



c. ☐

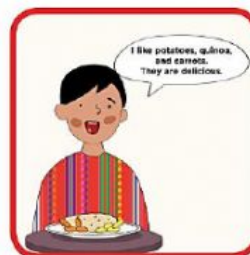
B



a. ☐



b. ☐



c. ☐



PERÚ

Ministerio
de Educación

"Un Carolino, Un Caballero"

APRENDO
en casa

LET'S LISTEN AND READ

Look at the WHO recommendations to stay healthy during the pandemic.

A Staying physically active

1. Stay active. Do exercise at home.
2. Try exercise classes online.
3. Dance to music.
4. Take healthy walks.
5. Walk up and down the stairs.
6. Do some stretching exercises.

B Eating healthy

1. Eat moderate amounts of fats and oils.
2. Drink enough water. Drink 8 glasses of water every day.
3. Limit sugar diet.
4. Eat a variety of food.
5. Eat fruits and vegetables.

LET'S UNDERSTAND

UNDERSTAND - EXERCISE 1: Look at the people and identify their problem.
Part A. Which WHO recommendations each person needs A or B?

I don't like quinoa.
I love sweets.

1 **A**

I hate sports, but
I like fast food.

2

I eat a lot of chocolates.
Vegetables? No, no, thanks.



3

I don't like any sport.

4



Part B. at Maria and Dante's information chart and find out has a healthy or unhealthy lifestyle.

QUESTIONS	 María (13)	 Dante (15)
SPORT	No	Yes - biking
FREQUENCY	Never	Three times a week
FRUITS	Never	Every day
VEGETABLES	Rarely	Usually
PROCESSED FOOD	Frequently	Rarely

María has _____.

Dante has _____.

UNDERSTAND - EXERCISE 2:

Part A.

Who needs a change his/her lifestyle?



MARÍA



DANTE

Part B. Complete the recommendations with the missing information.

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3) _____ exercise at home.

(4) _____ moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ three times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy