

# Salud consciente

- 1 Which country is the clip about? Chile / Mexico / USA  
2 How many countries have a problem with obesity ? USA / most / Chile  
3 Which country do people think is the 'cradle' (cuna) of obesity? USA / Chile / UK  
4 What percentage of people are overweight or obese ? 30% / 40% / 60%  
5 What percentage do not exercise 40% / 90% / 50%  
6 How many eat fruit every day? 4/10 6/10 5/10  
7 How many children are obese? 30% / 20% / 10%  
8 Why does this happen? they prefer fast food / they are not being given fruit and veg / parents don't know how to cook

## What do you have to do to burn off these things?

- 9 fast food meal =  
10 burn off a bar of chocolate =  
11 An ice cream cone =

- |  |
|--|
| a) Swim for one hour<br>b) Run for 1.5 hours<br>c) Ride a bike for 30 mins |
|--|

12 1 portion of chips = 4 big ..... and they have .....% less fat

- 13 What are infartos?  
14 Dolor articular?  
15 problemas respiratorios?  
16 problemas psicosociales ?

## What should you do to be healthy ?

- 17 toma ..... vasos de agua al día  
18 prefiere las escaleras al .....  
19 baja ..... o ..... estaciones antes de tu destino  
20 elige la alternativa más ..... cada vez que .....  
21 cambiar tus ..... poco a poco y ..... a .....

saludable	hábitos	ascensor	ocho
una	dos	puedas	
paso	paso		

What do all these words mean ? Which phrase is written slightly differently because it is in Latin American Spanish?

obesidad tener sobrepeso obeso sedentario  
trotar quemar papas fritas infarto saludable  
cambiar los hábitos