



Bilingualism Program

Centro Nacional de Hotelería, Turismo y Alimentos.
Coordinación de Industrias Alimentarias

Activity 7

What do you have to do?

1. Listen to the attached audio recording and complete the chart (Microsoft Word file)
2. Well, you must create a presentation and record an audio recording in which you answer the following questions:
 - What does a healthy diet look like to you?
 - How does culture affect people's diet?
 - Why do young people tend to eat unhealthy food?
 - How would you describe your diet?
 - Do you feel comfortable with your eating style? Why? Support your answer.

