

NAME: \_\_\_\_\_ COURSE: \_\_\_\_\_ DATE: \_\_\_\_\_ N° \_\_\_\_\_

## Personal Care Expressions

### 1. Listen and select the expression



- a. drink water
- b. brush my teeth
- c. visit the doctor



- a. eat healthy food
- b. take a shower
- c. exercise regularly



- a. brush my teeth
- b. visit the doctor
- c. sleep well



- a. drink water
- b. comb my hair
- c. take a shower



- a. sleep well
- b. comb my hair
- c. drink water



- a. eat healthy food
- b. manage the stress
- c. take care of animals



- a. manage the stress
- b. eat healthy food
- c. brush my teeth



- a. visit the doctor
- b. take a shower
- c. exercise regularly



- a. manage the stress
- b. spend time with family
- c. exercise regularly



- a. take a shower
- b. brush my teeth
- c. eat healthy food



- a. comb my hair
- b. meditate
- c. visit the doctor



- a. drink water
- b. meditate
- c. sleep well

### 2. Select the answer for each question:

What do you do in the mornings after waking up?

a. I have dinner.

b. I sleep well.

c. I brush my teeth.

At what time do you take a shower?

a. In the morning.

b. At midnight.

c. I don't take showers.

What can you do to relax?

a. Study hard

b. Meditate

c. Eat healthy food

What should you do if you feel sick?

a. Visit the doctor

b. Take care of animals

c. Comb my hair

Which of the following is an example of healthy food?

a. Soda

b. Hamburger

c. Salad

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3. Match the expression with its meaning in Spanish.

Meditate

Comb my  
hair

Visit the  
doctor

Spend time  
with family

Visitar al  
doctor

Meditar

Compartir  
con la  
familia

Peinar mi  
cabello

Brush my  
teeth

Take care  
of animals

Take a  
shower

Manage  
the stress

Cuidar a  
los  
animales

Tomar una  
ducha

Cepillar  
mis dientes

Manejar el  
estrés

Exercise  
regularly

Eat  
healthy  
food

Sleep well

Drink  
water

Dormir  
bien

Beber agua

Comer  
comida  
saludable

Ejercitarse