



# HEALTHY HABITS



Ms. Diana

Student's Name:

A. Drag the adverbs of frequency into the correct place.



Hardly ever

sometimes

Always      Never

Usually

Almost always

Rarely

Often

B. Order these sentences.

1. never / drinks / She / soda.

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2. play / sometimes / videogames / They / all day.

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3. late / usually / I / on weekdays / sleep.

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4. eat / almost / we / and vegetables / always / fruit

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C. Listen and number from 1 to 5. Then, write the correct habit under each picture.

get up early

read the newspaper

go to bed late

use alarm clock

ride a bike to school

have a big breakfast



D. Order these questions and answer with your real information. Give extra information.

Example:

read / you / Do / newspaper / the / ? Do you read the newspaper?

Yes, I do. I read the newspaper in the mornings.

1. ? / an / clock / you / Do / alarm / use \_\_\_\_\_

\_\_\_\_\_

2. get / Does / early / your mom / ? / up \_\_\_\_\_

\_\_\_\_\_

3. your friends / ? / a bike / to school / ride / Do \_\_\_\_\_

\_\_\_\_\_

**Look at the chart and the Time Expressions. Click on each one to listen to the pronunciation.**

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

ONCE A WEEK = One day in a week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

TWICE A WEEK = Two days in a week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

THREE TIMES A WEEK = Three days in a week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

FOUR TIMES A WEEK = Four days in a week

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

EVERY DAY = Seven days in the week.

**E. Write sentences with the words given .**

1. Ana \_\_\_\_\_. (eat healthy / sometimes)
2. We \_\_\_\_\_. (drink water / every day)
3. My dad \_\_\_\_\_. (practice sports / always)
4. I \_\_\_\_\_. (drink soda / once a week)

**E. Some people are talking about their everyday habits. Number their habits from 1 to 6.**

\_\_\_\_\_ having a big breakfast      \_\_\_\_\_ going to bed late      \_\_\_\_\_ using an alarm clock  
\_\_\_\_\_ getting up early      \_\_\_\_\_ riding a bike      \_\_\_\_\_ reading the newspaper

**F. Listen again and choose the correct frequency of habits mentioned in exercise E.**

1. almost always      hardly ever      sometimes
2. twice a week      every day      on Saturdays
3. almost every day      hardly ever      once in a while
4. usually      often      rarely
5. always      once a week      almost never
6. often      never      all the time