



HEALTHY HABITS



Student's Name:

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

100%	
90%	
80%	
70%	
50%	
25%	
5%	
0%	

Hardly ever

sometimes

Always Never

Usually

Almost always

Rarely

Often

B. Order these sentences.

1. never / drinks / She / soda.

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

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

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



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

☐ get up early

☐ go to bed late

☐ ride a bike to school

☐ read the newspaper

☐ use alarm clock

☐ 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
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ONCE A WEEK = One day in a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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TWICE A WEEK = Two days in a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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THREE TIMES A WEEK = Three days in a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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FOUR TIMES A WEEK = Four days in a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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 |