

Healthy living

1. Complete the sentences with a verb from the box.
You can use some verbs more than once.

drink eat get

1. Did you _____ enough sleep last night?
2. Did you _____ any exercise last week?
3. Did you _____ breakfast this morning?
4. Did you _____ lots of water after your exercise?
5. Did you _____ a healthy lunch today?

2. Listen and complete the sentences.

[Track 24]

1. Did you get any _____ yesterday?
2. I _____ eat any breakfast this morning.
3. Mike is very tired because he didn't get enough _____ last night.
4. Beth is very thirsty. She didn't drink enough _____.
5. _____ you remember to brush your teeth?
6. Did Juan _____ his bike to school last week?

3. Look at the word in parentheses after each question and answer.

1. Did Michelle eat a healthy breakfast? (no)
_____.
2. Did Beth and Roger ride their bikes to school today? (yes)
_____.
3. Did your brother get enough sleep last night? (no)
_____.
4. Did you take a shower yesterday? (yes)
_____.

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4. Look at the pictures of Daniel. Write a description of his unhealthy habits.



1. _____



2. _____



3. _____



4. _____

5. Choose the correct word to complete the sentences.

- I usually eat a healthy lunch, _____ I never eat breakfast.
a. but b. or c. and
- I get lots of exercise every day, _____ I drink lots of water.
a. or b. and c. but
- I ride my bike to school, _____ go by bus when it's raining.
a. but b. and c. or
- I get enough sleep, _____ sometimes I don't and I feel very tired.
a. but b. and c. or
- He watches TV all day, _____ eats unhealthy food.
a. but b. or c. and
- For a healthy dinner, have a sandwich, _____ make a fruit salad.
a. but b. or c. and

6. Write about the healthy activities you did last week. Write two or three sentences.
