

Adapted by: Morales Rocha, Krystel Daniela & Morales Rocha, Tanya Stephanie Irais.

February 2022

Student's name: _____ Student ID number: _____ Date: _____

Look at these people's healthy and unhealthy habits. Match the pictures to the phrases.

stay healthy take regular breaks get stressed smoke cut down on sugar drink too much soda drink lots of water
have a balanced diet work long hours stay up late play sports eat junk food get a checkup get enough sleep
spend too much time on my phone/computer have a sedentary life give up smoking get in shape lose weight work out

