

My Healthy Habits

Hello my name is Carlos and I have healthy habits.

Yesterday, I got enough sleep and got some exercises. I ate healthy breakfast, for example: cereal and milk.

In the afternoon, after my healthy lunch I rode my bike.

I didn't watch too much TV or I didn't eat unhealthy food.

I think it is important to have healthy habits.

I. Read and circle the correct option.

1. What did Carlos do yesterday?
 - a. Got enough sleep and woke up early.
 - b. Got enough sleep, got exercises and ate healthy breakfast.
2. What didn't Carlos do?
 - a. ate healthy lunch and rode his bike.
 - b. watched too much TV and ate unhealthy food.

II. Write T for true or F for false.

1. Carlos has healthy habits. _____
2. Carlos didn't get exercise. _____
3. Carlos ate healthy breakfast. _____
4. Healthy habits are important. _____