

HEALTHY HABITS

1. Classify the words in the box into the chart. *Clasifica las palabras del recuadro en la tabla.*

watch TV all day	surf	sleep 9 hours	play football
sleep 6 hours	wash your hands	exercise	play videogames for 4 hours

HEALTHY	UNHEALTHY

2. Choose healthy or unhealthy for each sentence. *Elige saludable o no saludable para cada oración.*

- a) I play basketball 3 times a week. _____
- b) I watch the TV or play on the computer for 5 or 6 hours every day. _____
- c) I go to bed at 12 o'clock. _____
- d) I play on the computer for an hour every day. _____
- e) I never do any exercise! _____
- f) I go to bed at 10 o'clock. _____

3. Match the two columns. *Relaciona las dos columnas.*

Wash your hands *

Brush your teeth *

Wear plastic shoes *

* after touching an animal

* before eating

* at the swimming pool

* after going to the toilet

* after eating