

unit 8

Healthy Living

1 Write. Use activities from the box. Then ✓ the healthy ones.

drank lots of water
rode a bike

got two hours of sleep
ate a healthy breakfast

ate pie for breakfast
got ten hours of sleep



1 _____
_____ ☐



2 _____
_____ ☐



3 _____
_____ ☐



4 _____
_____ ☐



5 _____
_____ ☐



6 _____
_____ ☐

2 Read and circle for you.

- 1 How do you feel today? I feel **great** / **awful** / **OK** today.
- 2 Did you get enough sleep? **Yes** / **No**
- 3 Did you eat any breakfast? **Yes** / **No**
- 4 Did you drink lots of water? **Yes** / **No**
- 5 Did you ride your bike? **Yes** / **No**
- 6 Did you have a healthy lunch? **Yes** / **No**
- 7 Did you do any exercise? **Yes** / **No**



Listen and write.

any Did enough good too you

Live Right!

Did you eat breakfast? asks Mum,
You don't look ¹ _____ to me.
Did you get ² _____ sleep? asks Mum,
Did you watch ³ _____ much TV?

Enough sleep. Good food.

Be healthy. Live right!

Enough sleep. Good food.

Be healthy. Live right!

⁴ _____ you ride your bike? asks Mum,
You know it's good for ⁵ _____.
Did you get ⁶ _____ exercise?
You know it's good to do!

Chorus



4

Read and ✓ for you. Then answer with Yes, I did or No, I didn't.

My Habits Last Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 got enough sleep							
2 drank enough water							
3 ate healthy food							

Did you get enough sleep? _____

Did you drink enough water? _____

Did you eat enough healthy food? _____