

MY HEALTHY ROUTINE



ESTUDIANTE

PROPÓSITO

Que los estudiantes escriban un texto corto y coherente sobre su rutina saludable en inglés, empleando estructuras gramaticales como el **Present Simple**, los **Adverbios de Frecuencia**, y **Modales de obligación (must)**, reflexionando sobre la importancia del autocuidado.

COMPETENCIA

ESCRIBE DIVERSOS TIPOS DE TEXTO:
INGLÉS □

01

My Healthy Routine – Let's Write and Reflect!

A

Read the following text

My Healthy Routine

I usually wake up at 6:30 a.m. I take a shower and eat a healthy breakfast. I must eat fruits every day.

At school, I always drink water and I never drink soda. I sometimes walk to school.

In the afternoon, I do my homework and rest. At night, I go to bed at 9:30 p.m.

My routine helps me feel strong and happy!

D

Complete these sentences with a verb in the Present Simple

Verbs: wake up – go – eat – drink – take

- I _____ a shower in the morning.
- I _____ fruits every day.
- I _____ water at school.
- I _____ at 6:30 a.m.
- I _____ to bed at 9:30 p.m.

B

Read the text and answer in English

What time does the person wake up?



What does the person always drink at school?



What does the person never drink?



What time does the person go to bed?



E

Modal Verb Practice – Complete with must or mustn't

- You _____ eat junk food every day. ✗
- We _____ drink water. ✓
- Students _____ wash their hands. ✓
- You _____ sleep too late. ✗
- I _____ eat fruits every day. ✓

C

Write True or False according to the text

The person usually wakes up at 7:00 a.m.

☐

The person must eat vegetables every day.

☐

The person always drinks soda.

☐

The person sometimes walks to school.

☐

F

Grammar Practice – Complete the sentences with

always, sometimes, usually or never.

- I _____ drink soda.
- I _____ brush my teeth at night.
- I _____ exercise on weekends.
- I _____ eat vegetables.
- I _____ sleep at 11 p.m.

