Sam is twelve. He's very sporty. He likes getting up early but he goes to bed very late. He goes swimming before school. After school he plays football. At the weekend he goes cycling with his friends. Sam's sister Tammy is ten. She doesn't like sport and she never does exercise. She likes reading and cooking. She goes to bed at nine, and she gets up and half past six.

Sam loves cakes and chocolate and he often eats pizza and chips, but Tammy doesn't usually eat them. He doesn't like fruit and he hates vegetables – but Tammy loves them. Tammy likes chocolate but she doesn't eat it a lot. Sam usually drinks cola, but Tammy doesn't like it. She drinks fruit juice or water.

1 **Read the text. Circle the correct word.**

	Sam	Tammy
do exercise	*often / sometimes*	*ususally / never*
eat healthy food	*yes / no*	*yes / no*

2 **Read the text again. Answer the questions.**

1 What exercise does Sam do in the morning?
He goes swimming.

2 When does Tammy do exercise?
_____

3 What does Tammy like doing?
_____

4 What does Sam like eating?
_____

5 Does Tammy like fruit and vegetables?
_____

6 What does Sam usually drink?
_____

3 **Vocabulary** **Match 1–6 to a–f.**

1 [d]	eat	a your teeth
2 [ ]	drink	b exercise
3 [ ]	do	c friends
4 [ ]	brush	d fruit and vegetables
5 [ ]	have	e to bed early
6 [ ]	go	f a lot of water

4 **Look at the photos. Complete the text with expressions in Exercise 3.**

I always [1]*brush* my [2]_____ in the morning and after dinner. I eat a lot of [3]_____ and [4]_____. I love apples and oranges. I [5]_____ some [6]_____ every week. I often go skiing or swimming. I usually [7]_____ to [8]_____ early, at eight.

LIVEWORKSHEETS