



MY HEALTHY HABIT QUEST



Name: _____

Date: _____ Grade: 7 _____

Reading Text: Lucas's Healthy Routine

Hi! My name is Lucas. I am **13 years old** and I have many healthy habits.

Every morning, I wake up at **7:00 AM**. First, I drink **one glass of water** to start my day. For breakfast, I usually eat cereal and my favorite fruit: **oranges**. They are delicious!

At school, I play **Football** with my friends during the break. It is my favorite sport. I **always** bring a healthy snack, like an **Apple**. For lunch, I eat chicken with Carrots. I love vegetables!

In the afternoon, I ride my bike. Finally, I go to sleep **at 9:30 PM**. I need to sleep **8 hours** to have energy for the next day.

Part 1: Quick questions

1. How old is Lucas? _____
2. What is Lucas's favorite sport? _____
3. What is his favorite fruit? _____



Part 2: Fact finder

1. What time does Lucas wake up in the morning? _____
2. How many glasses of water does he drink in the morning? _____
3. What healthy snack does he bring to school and how often? _____
4. How many hours does Lucas need to sleep? _____

