SHOULD OR SHOULDN'T?
HEALTHY HABITS

Fill in the blanks with "should" or "shouldn't".

1. You _____ drink at least eight glasses of water every day to stay hydrated.
2. You _____ eat too much fast food because it contains a lot of fat and salt.
3. If you want to feel energetic, you _____ get enough sleep every night.
4. You _____ spend six hours looking at your phone before going to bed.
5. People _____ exercise regularly to keep their bodies strong.
6. You _____ skip breakfast because it's an important meal.
7. If you have a headache, you _____ drink some water and have a rest.
8. You _____ eat lots of sweets if you want healthy teeth.
9. You _____ wash your hands before eating to avoid getting sick.
10. You _____ stay up until 3 a.m. if you have school or work the next morning.
11. You _____ include fruits and vegetables in your daily meals.
12. You _____ ignore your doctor's advice if you want to recover quickly.
13. You _____ wear sunscreen when you spend a long time in the sun.
14. You _____ smoke because it can seriously damage your health.
15. If you feel stressed, you _____ take a short walk or practice deep breathing.
16. You _____ drink many energy drinks because they contain too much caffeine.
17. You _____ brush your teeth at least twice a day.
18. You _____ sit all day without taking short breaks to move around.
19. To stay healthy, you _____ make time to relax and enjoy your hobbies.
20. You _____ eat food that has gone bad because it can make you ill.

LIVEWORKSHEETS