PRESENT OR PAST?
HEALTHY HABITS



Fill in the blanks with the correct form of the verb in brackets in the Present Simple or Past Simple.

1. Every morning, Sarah _____ a glass of water before breakfast. (drink)
2. Yesterday, Tom _____ to the gym after work. (go)
3. I usually _____ fruit as a healthy snack. (eat)
4. Last night, we _____ eight hours. (sleep)
5. My sister _____ vegetables with her lunch every day. (have)
6. Yesterday morning, Anna _____ for thirty minutes in the park. (walk)
7. I _____ sugary drinks because I prefer water. (not drink)
8. Last weekend, Jack _____ any fast food. (not eat)
9. My parents _____ their meals at home most days. (cook)
10. Yesterday, I _____ my bike to work. (ride)
11. Emma _____ yoga three times a week. (do)
12. Yesterday afternoon, we _____ some fresh fruit after our walk. (have)
13. Ben usually _____ early because he wants to get enough sleep. (go)
14. I _____ TV late last night because I was tired. (not watch)
15. My brother _____ his teeth twice a day. (brush)
16. Yesterday, Lucy _____ a healthy salad for lunch. (make)
17. We _____ enough water during the day because we always carry a bottle. (drink)
18. Last Sunday, my friends _____ in the countryside for two hours. (hike)
19. Paul _____ breakfast before school because he is never hungry in the morning. (not eat)
20. Yesterday morning, I _____ some stretching before my workout. (do)

LIVEWORKSHEETS