

HEALTHY HABITS AND LIFESTYLE

Name: _____ Date: _____

ACTIVITY 1 - LISTEN AND CHOOSE

Listen to Alex talking about his daily routine. Choose the best answer.

1. What does Alex drink during the day?

- a) Cola. b) Water. c) Coffee.

2. What does Alex do after school?

- a) Plays basketball. b) Sleeps. c) Watches TV all afternoon.

ACTIVITY 2 - COMPLETE THE SENTENCES

Use the words in the word bank. Each word is used once.

vegetables - water - exercise - sleep

1. Eating fruit and _____ every day gives your body vitamins.
2. Drinking enough _____ helps you stay hydrated.
3. Regular _____ helps keep your body strong.
4. Teenagers need enough _____ at night.

ACTIVITY 3 - MATCH THE CONCEPTS AND DEFINITIONS

Draw a line to connect each concept to the correct definition.

CONCEPTS

Balanced diet

Exercise

Hygiene

Sleep

DEFINITIONS

A. Keeping your body clean to help prevent illness.

B. Moving your body to stay fit and strong.

C. Resting at night so your body and brain can recover.

D. Eating different types of food in healthy amounts.

ACTIVITY 4 - DRAG AND DROP

Drag each habit from the word bank into the correct category. Use each habit once.

Eat fruit and vegetables

Skip breakfast

Sleep 8-10 hours

Sit all day

Drink water

Drink sugary drinks

HEALTHY HABITS	UNHEALTHY HABITS
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ACTIVITY 5 - CHOOSE THE CORRECT ANSWER

Select one answer for each question.

1. Which is a healthy snack?

- a) Chips. b) Fruit. c) Candy and soda.

2. Which habit supports good sleep?

- a) Going to bed at a regular time. b) Using your phone all night. c) Drinking energy drinks before bed.

3. What is one benefit of regular exercise?

- a) It replaces sleep. b) You do not need water. c) It supports strength and health.