

LILY'S DAILY ROUTINE

1. Read the text:

Lily is 16 years old and she is a student. She usually wakes up at 7 o'clock in the morning, she takes a shower and get dressed. After that, she has breakfast, she usually drinks a glass of milk and eat a slice of bread with eggs. At 8 o'clock, her online classes start. In the afternoon, she has lunch, today she ate rice and fish. At 4:30 p.m., she does her homework and then she exercises, she loves to jump the rope. In the evening, she has dinner and she always wash her hands before eating. Finally, at 10 p.m. she goes to sleep.



2. Choose true or false:

- a) She wakes up at 9 o'clock.
- b) She always wash her hands.
- c) She eats the three meals of the day.
- d) She doesn't exercise.
- e) She eats healthy.

TRUE / FALSE

3. Do you think she has a healthy lifestyle? Give two reasons:

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