# Lesson: Healthy lifestyles

Did + subject + base verb + complement?
Yes, subject + did.
No, subject + didn't.

The did is an auxiliary verb in past tense.

## Activity 1

**Look at the pictures and choose the correct answer.**

1. Did James eat fruit?

A

2. Did Lizzy and Mike jump the rope.

A

3. Did Monica eat healthy?

A

4. Did your family and you go to the park?

A

5. Did Andrew do exercise?

A

6. Did Henry and his mom go running?

A

5. Did you do yoga with your mom in the morning?

A

5. Did your grandparents take the bus to the store?

A



LIVEWORKSHEETS

What + did + subject + do?

Subject + past verb + complement

We can use did rto ask about an action done in the past.

## Activity 2

**Read the questions and match them to its correct answer.**

1. What did my grandmother do yesterday?

2. What did your grandparents do?

3. What did you cook for supper?

4. What did she do in the afternoon?

5. What did you use in the rainy weather?

She went to a birthday party.

They sang during the afternoon.

We used a raincoat, boots and an umbrella.

I cooked a chicken salad.

She drank coffee in the livingroom.



LIVEWORKSHEETS

Did + subject + base verb + complement?

Yes, subject + did.

No, subject + didn't.

The did is an auxiliary verb in past tense to indicate a past action.

## Activity 3

**Write five sentences about healthy habits using the did structure. Ask them to a family member.**

Example:

? Did you sleep eight hours every night last week.

A No, I didn't.

? _____ A _____

? _____ A _____

? _____ A _____

? _____ A _____

? _____ A _____



LIVEWORKSHEETS

Activity 4

1. **Read the following text.**
2. **Enter in the link and answer the crossword.**
3. **Take a screenshot to your final crossword.**
4. **Send the picture to your teacher.**

# Healthy lifestyles

Eliza and her family have different healthy lifestyles.

Eliza is an active swimmer in the summer. Everyday in the morning, she does excercise in her house. Only on saturdays she goes to the gym for an hour. Somedays, like today, she makes herself a sandwich for lunch, and sometimes she eats chips and candy. Also, usually she sleeps early, like yesterday, she went to sleep at 8:30 p.m.

Eliza has a sister named Bety. Bety likes to dance ballet. She likes to read for 20 min. and she always studies in the afternoons. Eliza and her sister like to eat healthy, that's why she and Eliza don't drink soda.

## Word bank

dance -makes -exercise -drink -reads - studies -sleep -goes - have -eats

https://puzzel.org/es/crossword/play?p=-Mj9ofzvR99BcGh-6uwk



LIVEWORKSHEETS