2 Match and say.

Wash your hands.

- Wash your hands.
- Eat fruits and vegetables every day.
- Do sports.
- Don't eat junk food.
- Don't play video games all day.
- Don't drink soda.

3 Listen and trace the sentences. Check (✓) the healthy habits. 6

a I eat fruits and vegetables. ☐

b I do sports. ☐

c I drink soda every day. ☐

d I play video games all day. ☐

4 Complete the list with the sentences from activity 3.

Healthy Habits	Unhealthy Habits
I eat fruits and vegetables.	

LIVEWORKSHEETS