



HEALTHY HABITS



Student's Name:

1. Listen to a list of exercises and number from 1 to 6.

box

do judo

lift weights

play table tennis

wrestle

do yoga



2. People are talking about sports and exercises. Listen and number the sports and exercises they like from 1 to 6.

_____ judo

_____ wrestling

_____ weight lifting

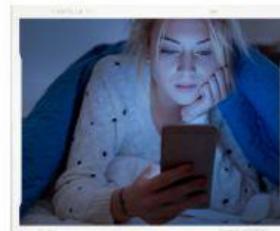
_____ yoga

_____ table tennis

_____ boxing

3. Drag the habits in English to the correct picture and then, classify the habits into **HEALTHY & UNHEALTHY HABITS**.

brush your teeth play video games all day eat healthy do yoga
go to bed late eat a lot of sweets wash your hands eat junk food



Healthy Habits	Unhealthy Habits

4. Write sentences with the words given.

- You _____ (always / eat fruits)
- I _____ (do yoga / every day)
- Mary _____ (eat pizza/ once a month)
- They _____ (never / eat fruits)
- My dad _____ (sometimes / sleep late)

DIALOGUE. Read the questions and answer with your real information.

A: You're in good shape, Cara. How do you do it?

B: Well, I go to the gym three times a week, and I meditate for about one hour.



A: Two hours? That's a lot.

B: Yeah, it is, but I really enjoy meditation. What about you? What do you do to keep in shape?

A: Me? I was on the wrestling team when I was in high school, but I haven't do it anymore. Now I'm into boxing.

B: Boxing? No kidding.

A: Yeah, I really love it.

QUESTIONS

Answer with your information. Then, order the questions and match to the answers.

DO YOU EAT SWEETS ?



DO YOU EAT FISH ?



a. you / soda / Do / ? / drink

- No, they like to eat junk food.

b. yoga / ? / mom / do / your / Does

- Yes, I do. Sometimes, I drink soda.

c. friends / healthy / Do / ? / your / eat

- Yes, she always does yoga.