HEALTHY HABITS

Ms. Diana

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

LIVEWORKSHEETS

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.

a. You _____ (always / eat fruits)

b. I _____ (do yoga / every day)

c. Mary _____ (eat pizza/ once a month)

d. They _____ (never / eat fruits)

e. My dad_____ (sometimes / sleep late)

LIVEWORKSHEETS

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 _____ to the gym _____ _____ ____ _____,
and I _____ _____ for about _____ _____.

A: Two hours? That's a lot.

B: Yeah, it is, but I really enjoy _____. 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 _____ do it anymore. Now I'm into _____.

B: Boxing? No kidding.

A: Yeah, I really _____ _____.

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

_____

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

_____

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

_____

- No, they like to eat junk food.
- Yes, I do. Sometimes, I drink soda.
- Yes, she always does yoga.

LIVEWORKSHEETS