SERVICIO LOCAL DE EDUCACIÓN PÚBLICA
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Colegio Mirador del Lago
Puerto Varas

Vocabulary: Healthy and unhealthy habits

Miss Ignacia Courbis

Instructions: **Write** the **meaning** (el significado) of the words in **Spanish**. You can use a dictionary.

Word	Meaning in Spanish
Healthy habits	
1. Take a shower	**Example: Tomar una ducha**
2. Exercise	
3. Go to bed early	
4. Drink enough water	
5. Relax and rest	
6. Clean and tidy your room	
7. Always eat breakfast	
8. Brush your teeth	
9. Wash your hands	
10. Spend time with your family and friends	
Unhealthy habits	
1. Eat junk food	
2. Play videogames for hours	
3. Stress too much	
4. Get angry all the time	
5. Spend too much time in your cell phone	
6. Go to bed late	

LIVEWORKSHEETS