

Reading activity “a Healthy routine”

- 1) Read about Mike's healthy daily routine.



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I am Mike and this is my healthy daily routine. At 8:30 I get up and take a shower. At 9:00 I eat breakfast with cereals and milk. At 10:00 I do exercise. At 11:30 I eat a healthy snack and I drink water. Then, my family and I run at the park at 12:00. After that, at 13:30 we eat vegetables and meat. Then, I listen to music and dance at 15:00. After that, I play with friends at the park at 17:00. At 19:00 I eat a healthy dinner with my family, and Finally, I sleep at 21:00 pm.

- 2) Now, complete the schedule with mike's information. (Recuerde que al ser Mike (él) los verbos se conjugan de acuerdo a la regla de la tercera persona singular)

Mike's schedule		
8:30 am.	Mike	and
9:00 am.	Mike	
10:00 am.	Mike	
11:30 am.	Mike	and
12:00 pm.	Mike and his family	
13:30 pm.	Mike and his family	
15:00 pm.	Mike	and
17:00 pm.	Mike	
19:00 pm.	Mike and his family	
21:00 pm.	Mike	