

Healthy and unhealthy habits

1.- Read and choose the correct option. Healthy or unhealthy?

ate breakfast



Healthy

Unhealthy

drank lots of water



Healthy

Unhealthy

ate pizza



Healthy

Unhealthy

got exercise



Healthy

Unhealthy

2.- Write the name of the correct habit.

rode a bike - ate vegetables - drank lots of cola - get enough sleep

10 hours
of sleep



3.- Choose the correct past form.



I ate a healthy lunch.



She drinks lots of water.



He rode his bike.

I eat a healthy lunch.

She drank lots of water.

He rides his bike.