

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 - got enough sleep

10 hours
of sleep



3.- Choose the correct past form.



I **ate** a healthy lunch.

I **eat** a healthy lunch.



She **drinks** lots of water.

She **drank** lots of water.



He **rode** his bike.

He **rides** his bike.