



NAME: _____

GUIA N. 8

DATE: _____

GRADE: 6° - II PERIOD

1. Use the words in the box to complete the sentences about your habits. Write healthy or unhealthy next to each habit.

Always usually sometimes hardly ever

- 1 I *usually* stay in all day. *Unhealthy*
2 I _____ drink eight glasses of water a day. _____
3 I _____ eat breakfast. _____
4 I _____ brush my teeth in the morning and in the evening. _____
5 I _____ do exercise three times a week. _____
6 I _____ eat fruit and vegetables every day. _____
7 I _____ sleep more than seven hours per day. _____
8 I _____ eat fast food. _____
9 I _____ drink fizzy drinks. _____
10 I _____ use dental floss. _____

2. Think about the habits you have. Do you have a healthy/unhealthy/balanced routine? Describe your routine.

I have a _____ routine, because

3. Answer the questions about the activities and celebrations. Use in or on.

1 In which month do you celebrate Valentine's day?

We celebrate it in September.

2 When is Christmas Day?

3 When do you celebrate Halloween?

4 In which month is Mother's Day?

5 When is Independence Day in Colombia?

6 In which month is Father's Day?

7 When is your birthday?

8 When is your mother's Day?

