

Healthy vs. Unhealthy Habits Worksheet A



Instructions: Read the sentences below and decide if the activity described is a HEALTHY habit or an UNHEALTHY habit.



1. I eat a lot of sweets. HEALTHY UNHEALTHY

2. I sleep 8 hours at night. HEALTHY UNHEALTHY



3. I play sports. HEALTHY UNHEALTHY



4. I eat fast food all the time. HEALTHY UNHEALTHY



5. I smoke. HEALTHY UNHEALTHY



6. I go to bed late every night. HEALTHY UNHEALTHY



7. I go walking. HEALTHY UNHEALTHY



8. I drink 8 glasses of water. HEALTHY UNHEALTHY



9. I play video games all day. HEALTHY UNHEALTHY

10. I do yoga. HEALTHY UNHEALTHY

LIVEWORKSHEETS