



Healthy vs. Unhealthy Habits

Worksheet B

Part A: Put the sentences in the correct order – watch for adverbs of frequency.

fruits eat always I

1. .

every day usually I water drink

2. .

never sweets I eat

3. .

often in walking I go the park

4. .

smoke I cigarettes never

5. .

yoga sometimes I do

.



Part B: Read the sentences and decide if it is a HEALTHY or UNHEALTHY habit and also the reason WHY.



1. I often go walking in the park. This is _____
because _____.



2. I always eat fruits and vegetables. This is _____
because _____.



3. I sometimes go to bed very late. This is _____
because _____.



4. I usually drink 8 cups of water a day. This is _____
because _____.



5. I usually drink 5 cups of coffee a day. This is _____
because _____.



6. I never eat fast food. This is _____
because _____.

