Name: _____ Date: _____

Part A

Read and circle.

1. 

   a. stay up late

   b. get exercise

   c. take a shower

2. 

   a. eat fast food

   b. drink soft drinks

   c. wake up early

3. 

   a. take a rest

   b. get fresh air

   c. play video games

Part B

Look and write. Use the words in the box.

brush my teeth	get a checkup
eat candy	take a rest

4. 

   _____

5. 

   _____

6. 

   _____

LIVEWORKSHEETS

Name: _____ Date: _____

Part C

Read and circle.

7. How _____ do you stay up late?
   a. always
   b. sometimes
   c. often

8. I _____ my face.
   a. never
   b. sometimes wash
   c. wash always

9. You should _____ fruit and vegetables.
   a. eating
   b. eat
   c. ate

10. He often _____ execise.
    a. get
    b. getting
    c. gets

Part D

Order the words.

11. soft drinks? / often / do you / How / drink

_____

_____

12. sometimes / a shower. / I / take

_____

_____

13. shouldn't / eat candy. / You

_____

_____

Part E

Read and write. Use the words in the box.

keep	vitamins
live	healthy

You should always eat *(14.)* _____ foods like fruit and vegetables. Fruit and vegetables have *(15.)* _____. They *(16.)* _____ your body healthy.

LIVEWORKSHEETS