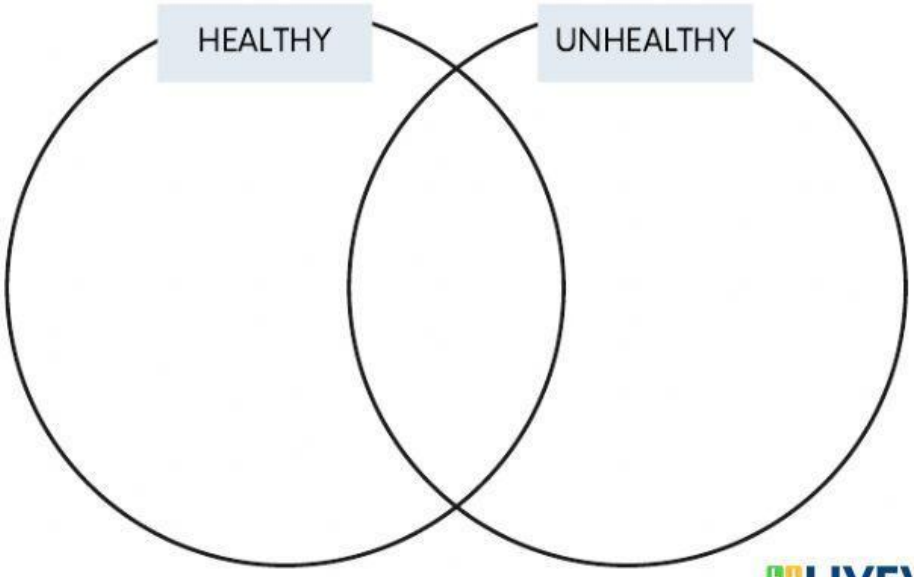
Name: Date:

DAILY ROUTINE

1. Watch the video and choose the actions you identify.

brush my teeth. drink alcohol. watch TV.
get up at 7 o'clock. read a book. have dinner.
eat junk food. have lunch. listen to the radio.
go to school.
chat with friends. exercise. do homework.
have breakfast.
play video games. meet friends.
go to work. go to bed.

3. Classify the actions into healthy and unhealthy. What actions can you do every day to have a healthy routine?



LIVEWORKSHEETS