

C

How healthy are you?

1 Put the letters in the correct order to make phrases about healthy habits.

1. t a e a a b l n a d e c t i d e

eat a balanced diet

2. t t p e o c r u y o r s i n k

3. t e a a o g o d f r a e s k b a t

4. t g e g n h u e o p e s l

5. s r e e e c x i i d y l a

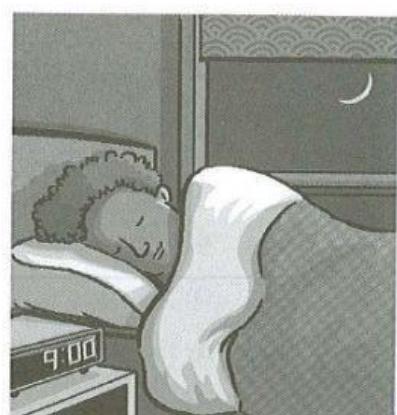
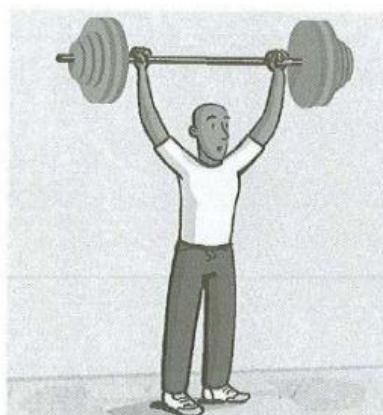
6. s h a w y r o u d a s h n

7. o g r f o a k l w a

8. f l i t g w s i e t h

2 Look at the pictures. How often do you do these things? Write sentences about your habits using some of the phrases from Exercise 1 and *always*, *usually*, *hardly ever*, or *never*.

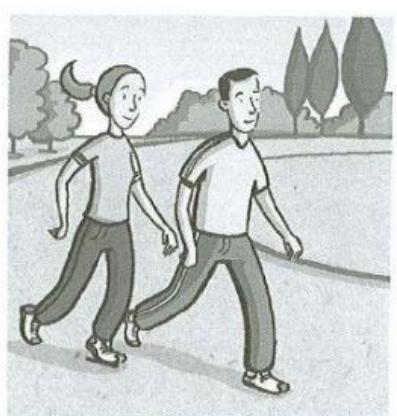
Example: I usually eat a balanced diet.



1. _____

2. _____

3. _____



4. _____

5. _____

6. _____

3 Complete the questions with *How long*, *How many*, *How much*, *How often*, or *How well*.

1. How many vegetables do you eat at dinner? Hmm . . . Not many.
2. _____ do you walk in the mornings? For about 30 minutes.
3. _____ do you play soccer? Pretty well.
4. _____ meals do you cook a week? Ten meals.
5. _____ coffee do you drink each day? Two or three cups.
6. _____ do you do karate? Once a week.
7. _____ do you do yoga? For about an hour.
8. _____ sleep do you get? Quite a bit.

4 Look at Greg's answers to an online health quiz. Write the questions.



ARE YOU HEALTHY?

Choose the answers that best describe your habits.

1. **Q:** *How often do you eat breakfast?*
A: I eat breakfast every day.
2. **Q:** _____
A: I follow my diet *pretty well*.
3. **Q:** _____
A: I exercise *daily*.
4. **Q:** _____
A: I drink *a lot* of water.
5. **Q:** _____
A: I *don't get much* sleep.
6. **Q:** _____
A: I wash my hands *three times* a day.
7. **Q:** _____
A: My eating habits are *somewhat healthy*.
8. **Q:** _____
A: I spend *four hours* a day at the gym.

5 Write questions with *How* and the words in parentheses to complete the conversation. Use the answers to help you.

Tae Ho: Hi, Fran. How is your mom feeling?

Fran: She's not well. She's always tired and doesn't eat well.

Tae Ho: How much fruit does she eat? ¹ (fruit / eat)

Fran: A lot. She eats apples or bananas every day.

Tae Ho: How many meals does she eat? ² (eat / vegetables)

Fran: She always eats vegetables at dinner.

Tae Ho: How many times a week does she go to the gym? ³ (meals / eat / a day)

Fran: Two. Breakfast and dinner. Is that OK?

Tae Ho: Well, three is better. How many hours a night does she sleep? ⁴ (go to the gym)

Fran: About three times a week.

Tae Ho: How many hours a night does she sleep? ⁵ (spend at the gym)

Fran: Oh, about an hour. She lifts weights, and she does yoga.

Tae Ho: How many hours a night does she sleep? ⁶ (sleep / get)

Fran: About four hours a night.

Tae Ho: That's not much sleep. In my opinion, that's why she's always tired!



6 Rewrite the questions from Exercise 5 with *you*. Then answer the questions with your own information.

1. How much fruit do you eat ?

I _____ .

2. How many meals does she eat? ?

_____ .

3. How many times a week does she go to the gym? ?

_____ .

4. How many hours a night does she sleep? ?

_____ .

5. How many hours a night does she sleep? ?

_____ .

6. How many hours a night does she sleep? ?

_____ .