



How healthy are you?

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

1. tae a ablnadec tide

eat a balanced diet

5. sreeecxi idyla

2. ttpeocr uyor sink

6. shaw yrou dashn

3. tea a ogod fraeskbat

7. og rfo a klwa

4. tge gnhueo pesel

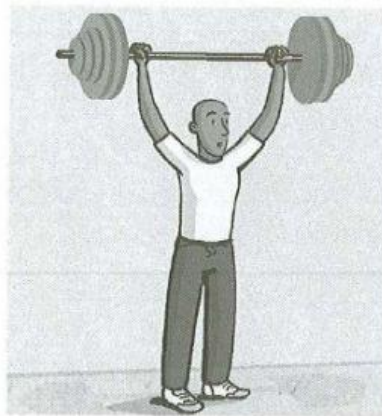
8. flit gwsieih

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*.

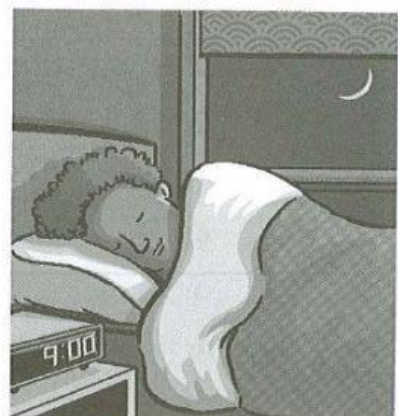
Example: I usually eat a balanced diet.



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? (fruit / eat)
1

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

Tae Ho: _____ (eat / vegetables)
2

Fran: She always eats vegetables at dinner.

Tae Ho: _____ (meals / eat / a day)
3

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

Tae Ho: Well, three is better. _____
(go to the gym) 4

Fran: About three times a week.

Tae Ho: _____ (spend at the gym)
5

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

Tae Ho: _____ (sleep / get)
6

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. _____ ?
_____ .
3. _____ ?
_____ .
4. _____ ?
_____ .
5. _____ ?
_____ .
6. _____ ?
_____ .