

ANALYSING HABITS

Read the story about Steve and make recommendations for him to have healthy habits. Use should and shouldn't

Steve is 10 years old. (1)He always gets up at 7 o'clock in the morning. (2)He doesn't



have breakfast. (3)He takes the bus and goes to school – 1 kilometre away from the school. (4)Steve likes eating hamburgers, pizza, crisps and hot dogs for lunch, so there aren't any vegetables or fruit at home. (5)He always drinks fizzy drinks like cola. After school, he goes to the bus stop and

comes back home. (6)He sits on the sofa and watches TV for three hours. When he is hungry, he eats lots of sweets or chocolate biscuits and he always drinks cola. (7)He usually goes to sleep at 12 because he likes playing computer games. (8)He usually stays at home all day at weekends.

Recommendations:

1. He shouldn't sleep 7 hours every day.

He should sleep 9 or 10 hours every day.

2. He shouldn't go to school without having breakfast.

3. He shouldn't take the bus to go to school.

4. He shouldn't eat unhealthy food for lunch like hamburgers, pizza, crisps and hot dogs.

5. He shouldn't drink fizzy drinks

6. He shouldn't sit on the sofa and watch TV for three hours.

7. He shouldn't go to sleep at 12.

8. He shouldn't stay at home all day at weekends.