

Student's Name: _____

Date: _____

Teacher's Name: Mis. Shirley M.Q.

Practice

1. Complete the sentences with a verb from the box. You can use some verbs more than once.

drink eat get

- 1 Did you _____ enough sleep last night?
- 2 Did you _____ any exercise last week?
- 3 Did you _____ breakfast this morning?
- 4 Did you _____ lots of water after your exercise?
- 5 Did you _____ a healthy lunch today?



- 2.- Look at the pictures. Write the healthy habit.











3 Listen and complete the sentences.

- 1 _____ you get any exercise yesterday?
- 2 I ____ eat any breakfast this morning.
- 3 Mike is very tired because he ____ get enough sleep last night.
- 4 Beth is very thirsty. She _____ drink enough water.
- 5 _____ you remember to brush your teeth?
- 6 _____ Juan ride his bike to school last week?



4 Look at the word in parentheses after each question and answer.

- a. Did Michelle eat a healthy breakfast? (no)
_____.
- b. Did Beth and Roger ride their bikes to school today? (yes)
_____.
- c. Did your brother get enough sleep last night? (no)
_____.
- d. Did you take a shower yesterday? (yes)
_____.
- e. Did you eat a healthy lunch at school today? (no)
_____.



5 Choose the correct word to complete the sentences.

- a. I usually eat a healthy lunch, _____ I never eat breakfast.

a but b or c and
- b. I get lots of exercise every day, _____ I drink lots of water.
a or b and c but

3 I ride my bike to school, _____ go by bus when it's raining.

a but b and c or

4 I get enough sleep, _____ very tired. sometimes I don't and I feel

a but b and c or

5 He watches TV all day, _____ eats unhealthy food.

a but b or c and



6 Listen and answer the questions.

1 Did he get enough sleep? _____

2 Did he eat a healthy breakfast?

3 Why does he feel better? _____



7 Look at the pictures of Daniel. Write a description of his unhealthy habits.



1 _____



2 _____



3 _____



4 _____



8 Complete the dialogs. Write *did* or *didn't*. Use capital letters as needed.

1 **A:** Simon, ____ you eat breakfast yet?

B: No, Mom. I ____.

2 **A:** The school bus will be here soon. ____ you brush your teeth yet?

B: No, I ____.

3 **A:** Well, you might have to ride your bike, then.

_____ you repair it?

B: Yes, I _____ !



9 Write about the healthy activities you did last week. Write two or three sentences.
