

A Look and write.

have junk food
choose healthy snacks

eat late at night
~~eat vegetables~~

skip breakfast
drink lots of water

1.



Eating vegetables

is good.

2.



good.

3.



good.

4.



good.

5.



good.

6.



good.

B Look and match.

1.



take
a shower

2.



brush
my teeth

3.



work out

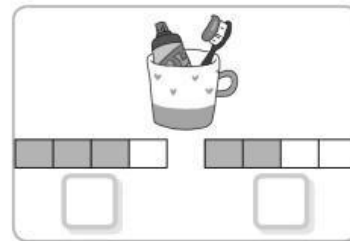
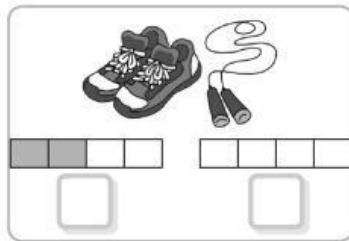
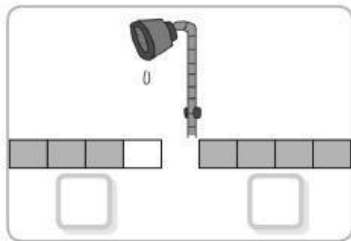
4.



get enough
sleep

C Listen and number.

135



D Look and write.

working out
enough sleep

usually
have

habits
always
work out



1. Do you _____ any
healthy _____?

2. I _____ get _____.
How about you?

3. I _____.

4. _____ is good.

E Color and write.

1.

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How often do you take a shower?

2.

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How often do you eat late at night?

3.

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How often do you choose healthy snacks?