

# unit 8

# Healthy Living

1 Write. Use activities from the box. Then ✓ the healthy ones.

drank lots of water  
rode a bike

got two hours of sleep  
ate a healthy breakfast

ate pie for breakfast  
got ten hours of sleep



1 \_\_\_\_\_  
\_\_\_\_\_ ☐



2 \_\_\_\_\_  
\_\_\_\_\_ ☐



3 \_\_\_\_\_  
\_\_\_\_\_ ☐



4 \_\_\_\_\_  
\_\_\_\_\_ ☐



5 \_\_\_\_\_  
\_\_\_\_\_ ☐



6 \_\_\_\_\_  
\_\_\_\_\_ ☐

2 Read and circle for you.

- 1 How do you feel today? I feel **great** / awful / OK today.
- 2 Did you get enough sleep? **Yes** / No
- 3 Did you eat any breakfast? **Yes** / No
- 4 Did you drink lots of water? **Yes** / No
- 5 Did you ride your bike? **Yes** / No
- 6 Did you have a healthy lunch? **Yes** / No
- 7 Did you do any exercise? **Yes** / No



**Listen and write.**

any Did enough good too you

### Live Right!

Did you eat breakfast? asks Mum,  
You don't look <sup>1</sup> \_\_\_\_\_ to me.  
Did you get <sup>2</sup> \_\_\_\_\_ sleep? asks Mum,  
Did you watch <sup>3</sup> \_\_\_\_\_ much TV?

**Enough sleep. Good food.**

**Be healthy. Live right!**

**Enough sleep. Good food.**

**Be healthy. Live right!**

<sup>4</sup> \_\_\_\_\_ you ride your bike? asks Mum,  
You know it's good for <sup>5</sup> \_\_\_\_\_.  
Did you get <sup>6</sup> \_\_\_\_\_ exercise?  
You know it's good to do!

**Chorus**



**4**

**Read and ✓ for you. Then answer with Yes, I did or No, I didn't.**

| My Habits Last Week  | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------|-----|-----|-----|-----|-----|-----|-----|
| 1 got enough sleep   |     |     |     |     |     |     |     |
| 2 drank enough water |     |     |     |     |     |     |     |
| 3 ate healthy food   |     |     |     |     |     |     |     |

Did you get enough sleep? \_\_\_\_\_

Did you drink enough water? \_\_\_\_\_

Did you eat enough healthy food? \_\_\_\_\_