

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 ¹ _____ to me.Did you get ² _____ sleep? asks Mum,Did you watch ³ _____ much TV?

Enough sleep. Good food.

Be healthy. Live right!

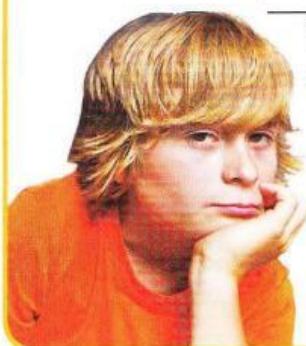
Enough sleep. Good food.

Be healthy. Live right!

⁴ _____ you ride your bike? asks Mum,You know it's good for ⁵ _____.Did you get ⁶ _____ exercise?

You know it's good to do!

Chorus



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? _____