2 Choose the correct answers.

1. *A:* Does your brother eat vegetables every day? *B:* _____
   a. No, he didn't. b. Yes, he does.
2. *A:* How does your sister stay healthy? *B:* _____
   a. She plays sports twice a week.
   b. Playing sports is good for your health.
3. *A:* How often does her sister do yoga? *B:* _____
   a. Yes, she does. b. Three times a week.
4. *A:* How does his brother stay healthy? *B:* _____
   a. He does karate. b. He'll do karate.

2 Read and tick True or False.

Sally is a very healthy person. She does lots of things to stay healthy. She eats fruit and vegetables every day. She does not eat junk food like chocolate, chips and ice cream. She drinks juice instead of milk tea. Every day, Sally does morning exercise. She plays sports, too. She plays basketball with her friends three times a week. Sometimes she does aerobics or goes to judo class. Sally is active and feels great every day.

	True	False
1. Sally eats fruit and vegetables three times a week.	☐	☐
2. She doesn't eat junk food.	☐	☐
3. She plays basketball three times a week.	☐	☐
4. She does aerobics every day.	☐	☐

2 Let's write.

Write about your healthy habits.

- What do you usually eat for breakfast / lunch / dinner?
- What do you usually drink?
- What sports do you play?
- How often do you play sports?

I want to stay healthy. _____
_____
_____
_____.

LIVEWORKSHEETS