Discuss with a classmate a classmate

WHY are these habits good or bad for you?



1. Drink water every day
2. Eat fruit and vegetables
3. take antibiotics
4. Sleep less than seven hours a day.
5. Skip breakfast
6. Take long sunbaths
7. Go for a walk three time a week
8. have a balance diet
9. self-medicate



LIVEWORKSHEETS

Do you think you read enough?

Not really. I only read school textbooks, not for pleasure.

Take some minutes to discuss the ideas with the class

Do you think you...?

- read enough
- eat enough fruit and vegetables
- do enough sport or exercise
- drink enough water
- have enough free time
- eat too much fast food
- spend too much time online
- spend too much money on things you don't need
- work or study too many hours
- have too many clothes
- do too much housework
- get too much homework



LIVEWORKSHEETS

Complete the sentences with your own ideas



1. I don't include enough _____ in my diet.
2. I don't have enough _____ to _____
3. I spend too much time _____ and not enough time _____
4. I don't drink too much _____
5. I eat too much/many _____ and not enough _____
6. I am too _____ these days.
7. I don't _____ enough and I _____ too aften.
8. I don't _____ enough.
9. I (VERB) _____ enough. I think that is a nice habit.

LIVEWORKSHEETS

Connect the ideas to discuss with the class.



1. Do you _____ too much_____?
2. Do you _____ too many _____?
3. Are you too _____ ?
4. Do you _____ enough?
5. Do you _____ enough _____?

LIVEWORKSHEETS