

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

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



LIVE  WORKSHEETS

## 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 often.
8. I don't \_\_\_\_\_ enough.
9. I (VERB) \_\_\_\_\_ enough. I think that is a nice habit.

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 \_\_\_\_\_?