MY HEALTHY ROUTINE

ESTUDIANTE	
PROPÓSITO	**COMPETENCIA**
Que los estudiantes escriban un texto corto y coherente sobre su rutina saludable en inglés, empleando estructuras gramaticales como el **Present Simple**, los **Adverbios de Frecuencia**, y **Modales de obligación (must)**, reflexionando sobre la importancia del autocuidado.	ESCRIBE DIVERSOS TIPOS DE TEXTOS EN INGLÉS □

01 My Healthy Routine – Let's Write and Reflect!

A Read the following text

My Healthy Routine

I usually wake up at 6:30 a.m. I take a shower and eat a healthy breakfast. I must eat fruits every day.
At school, I always drink water and I never drink soda. I sometimes walk to school.
In the afternoon, I do my homework and rest. At night, I go to bed at 9:30 p.m.
My routine helps me feel strong and happy!

B Read the text and answer in English

What time does the person wake up?

☞ _____

What does the person always drink at school?

☞ _____

What does the person never drink?

☞ _____

What time does the person go to bed?

☞ _____

C Write True or False according to the text

The person usually wakes up at 7:00 a.m. ☐

The person must eat vegetables every day. ☐

The person always drinks soda. ☐

The person sometimes walks to school. ☐

D Complete these sentences with a verb in the Present Simple

Verbs: wake up – go – eat – drink – take

1. I _____ a shower in the morning.
2. I _____ fruits every day.
3. I _____ water at school.
4. I _____ at 6:30 a.m.
5. I _____ to bed at 9:30 p.m.

E Modal Verb Practice – Complete with must or mustn't.

1. You _____ eat junk food every day. ✗
2. We _____ drink water. ✓
3. Students _____ wash their hands. ✓
4. You _____ sleep too late. ✗
5. I _____ eat fruits every day. ✓

F Grammar Practice – Complete the sentences with

always, sometimes, usually or never.

1. I _____ drink soda.
2. I _____ brush my teeth at night.
3. I _____ exercise on weekends.
4. I _____ eat vegetables.
5. I _____ sleep at 11 p.m.

LIVEWORKSHEETS