Healthy Habits

Hello, students! Today we'll learn how to stay healthy and feel better at school. First, you should eat vegetables every day. They help your body and your brain. Second, you shouldn't skip breakfast. Breakfast gives you energy in the morning. Also, you should drink water instead of soda. Water keeps you focused. Don't eat too many sweets or snacks. You shouldn't eat a lot of candy or chips. Finally, you should sleep at least 8 hours every night. If you sleep well, you can learn better. Let's remember: eat smart, sleep well, and take care of your body. Thank you and see you next class!

I. Listen again and write True (T) or False (F):

- You should eat vegetables every day.
- You shouldn't skip breakfast.
- You should drink soda every day.
  You shouldn't sleep early.

II.Match the correct picture to the phrase

a. Eat vegetables

1

b. Drink water

2

c. Don't eat too many sweets

3

d. Sleep at least 8 hours

4

LIVEWORKSHEETS