

Worksheet 4
Talking About Healthy and Unhealthy Habits

✦ Part 1: Vocabulary – Match the word to the picture or meaning.

No.	Habit	Meaning
_____	eat junk food	a. drink 8 glasses of water
_____	exercise regularly	b. sleep late every night
_____	drink enough water	c. eat unhealthy snacks
_____	sleep early	d. move your body to stay fit
_____	stay up late	e. go to bed before 10 pm

✦ Part 2: Classify habits

eating vegetables | playing games for 5 hours | getting enough sleep
skipping breakfast | brushing teeth after meals | drinking soft drinks every day

Healthy Habits	Unhealthy Habits
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

✦ Part 3: Rewrite using should / shouldn't

You go to bed at 2 a.m.
→ You _____.

You never exercise.
→ You _____.

You always drink soda.
→ You _____.

You don't eat vegetables.
→ You _____.

You drink a lot of water.
→ You _____.

Name_____ M.4/2

LIVEWORKSHEETS