



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

1. -----
2. -----
3. -----

Unhealthy Habits

1. -----
2. -----
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

