



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

- _____
- _____
- _____

◆ 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