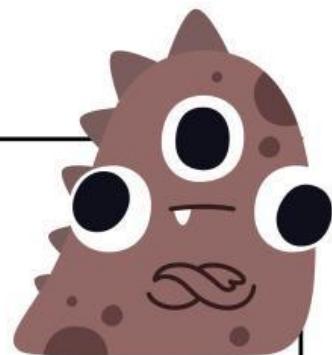


SAM, THE UNHEALTHY MONSTER

Read Sam's routine, answer the questions and then think of advice you could give him to improve his habits.



This is Sam. Every day he gets up at 1 in the afternoon. He never brushes his teeth or washes his face. He goes to the kitchen and has a soda and crisps for breakfast.

Then, he sits on his couch and he watches television for four hours. While he is on the couch, he eats 5 hot dogs and a lot of ice cream for dessert. He never drinks water. Later, he plays video games for hours. At night he watches TV again, he eats candies and chocolates and he goes to sleep at 7 a.m. He sleeps 6 hours every day.

1 What time does Sam get up?

2 Does he brush his teeth or wash his face?

3 What does he eat during the day?

4 Does he do exercise or play any sport?

5 What activities does he do during the day?

6 What time does he go to sleep?