

# PRESENT SIMPLE HEALTHY HABITS

Fill in the blanks with the Present Simple form of the verb in brackets.

1. Tom \_\_\_\_\_ (drink) a lot of water every day.
2. My sister \_\_\_\_\_ (eat) fruit for breakfast.
3. We \_\_\_\_\_ (walk) to school in the morning.
4. Anna \_\_\_\_\_ (go) to bed at 10 p.m.
5. They \_\_\_\_\_ (exercise) three times a week.
6. My father \_\_\_\_\_ (cook) healthy meals.
7. I \_\_\_\_\_ (brush) my teeth after every meal.
8. Lisa and Emma \_\_\_\_\_ (play) volleyball after school.
9. Jack \_\_\_\_\_ (sleep) eight hours every night.
10. You \_\_\_\_\_ (wash) your hands before lunch.
11. Ben \_\_\_\_\_ (ride) his bike in the park.
12. We \_\_\_\_\_ (eat) vegetables every day.
13. Maria \_\_\_\_\_ (do) yoga in the morning.
14. My friends \_\_\_\_\_ (avoid) sugary drinks.
15. I \_\_\_\_\_ (take) the stairs at school.
16. Sarah \_\_\_\_\_ (drink) milk with breakfast.
17. They \_\_\_\_\_ (run) in the park on Saturdays.
18. He \_\_\_\_\_ (have) a healthy snack in the afternoon.
19. We \_\_\_\_\_ (stretch) before exercise.
20. The teacher \_\_\_\_\_ (encourage) healthy habits.

