PAST CONTINUOUS OR PAST SIMPLE? HEALTHY HABITS

Complete the sentences with the Past Simple or Past Continuous form of the verbs.

1. Yesterday morning, Emma _____ breakfast before she went to school. (eat)
2. While Tom _____ in the park, it started to rain. (run)
3. Last night, we _____ eight hours because we were very tired. (sleep)
4. Sarah _____ vegetables when her friend called her. (cut)
5. They _____ to the gym every Saturday last month. (go)
6. At 7:00 a.m. yesterday, my dad _____ yoga in the living room. (do)
7. I _____ a lot of water after the football match yesterday. (drink)
8. While the children _____ their bikes, they saw a rainbow. (ride)
9. Last weekend, my brother _____ a healthy salad for lunch. (make)
10. My mom _____ dinner when I arrived home. (cook)

11. We _____ for 30 minutes yesterday afternoon. (walk)
12. While I _____ my teeth, my little sister was singing. (brush)
13. Lily _____ to bed early last night because she felt tired. (go)
14. At this time yesterday, the students _____ basketball outside. (play)
15. Ben _____ an apple instead of a chocolate bar yesterday. (choose)
16. While my grandparents _____ in the garden, the dog ran away. (work)
17. We _____ fast food last Friday because we wanted something healthier. (not / eat)
18. The teacher _____ about healthy food when the bell rang. (talk)
19. My friends _____ a long bike ride on Sunday morning. (have)
20. While I _____ my lunch, I listened to a podcast about exercise. (prepare)

LIVEWORKSHEETS