Emma's Healthy Habits

READING COMPREHENSION ACTIVITY

Healthy habits are important for our body and mind. Emma tries to live a healthy life every day. She usually eats fruit and vegetables and drinks plenty of water. She doesn't eat fast food very often. In the morning, she walks to work instead of taking the bus. She also exercises three times a week. In the evening, Emma doesn't use her phone before bed because she wants to sleep well. She usually sleeps for eight hours every night. At weekends, she enjoys spending time outside with her friends and family.

A. Read the text and decide whether the sentences are true or false.

1.	Emma eats fruit and vegetables regularly.	True	False
2.	She drinks very little water.	True	False
3.	Emma often eats fast food.	True	False
4.	She walks to work in the morning.	True	False
5.	Emma exercises twice a week.	True	False
6.	She uses her phone before going to bed.	True	False
7.	Emma usually sleeps for eight hours.	True	False
8.	She spends weekends alone.	True	False
9.	Emma enjoys spending time outside.	True	False
10.	She takes the bus to work every morning.	True	False



LIVEWORKSHEETS