My Healthy Day

Reading practice · A1 English

Name: _____ **Date:** _____

Instructions: Read the text. Look at the pictures. Then answer Parts A, B and C.

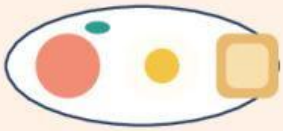
Hi! My name is Sara. I am 12 years old. I live in Quito with my family. I have healthy habits.

Every morning, I get up at 6:30. I drink a big glass of water. I eat breakfast with my mom: fruit, eggs and bread. I brush my teeth after breakfast.



WATER

I drink water.



HEALTHY BREAKFAST

I eat a healthy breakfast.

I go to school by bike. At school, I play soccer with my friends. Exercise is fun!



BIKE TO SCHOOL

For lunch, I eat rice, chicken and vegetables. I don't drink soda. I drink juice or water.

In the afternoon, I do my homework. I don't play video games for many hours.

In the evening, I wash my hands and I eat a small dinner. I go to bed at 9:00. I sleep nine hours every night.



GOOD SLEEP

Healthy habits make me happy and strong!

LIVEWORKSHEETS

Check Your Understanding

Answer the questions about Sara's healthy day.

Part A · Multiple Choice

Circle the correct answer.

1. What time does Sara get up?

a) 6:00 b) 6:30 c) 7:30 d) 9:00

2. What does Sara drink in the morning?

a) soda b) milk c) water d) coffee

3. How does Sara go to school?

a) by bus b) by car c) on foot d) by bike

4. What does Sara eat for lunch?

a) pizza and soda b) rice, chicken and vegetables
c) fruit, eggs and bread d) a hamburger and fries

Part B · True or False

Write T (True) or F (False).

Sentence	T / F
1. Sara plays soccer at school.	_____
2. Sara drinks soda for lunch.	_____
3. Sara sleeps nine hours every night.	_____

Part C · Match with Lines

Draw a line from column A to column B.

A	B
1. I drink a big glass of	a) at 9:00.
2. I wash my hands	b) water.
3. I go to bed	c) before dinner.

LIVEWORKSHEETS

Great job! Keep practicing healthy habits every day.

LIVEWORKSHEETS