READING WORKSHEET

Name: _____

Grade: _____ **Date:** _____

Unlock your best self!

Living a healthy life is important for teenagers. Good habits help us feel better, have more energy, and stay healthy.

First, eating healthy food is very important. Teenagers should eat fruits, vegetables, eggs, and other nutritious foods. They should avoid eating too much junk food, candy, and fast food.

Second, drinking enough water is necessary for our bodies. We should drink at least six to eight glasses of water every day. Water helps us stay hydrated and feel good.

Another important habit is doing exercise. Teenagers should practice sports, walk, dance, or ride a bike. Physical activity keeps our bodies strong and healthy.

Finally, sleeping well is essential. Teenagers need about eight to ten hours of sleep every night. They shouldn't use their phones for too long before going to bed.

In conclusion, healthy habits are easy to practice. Eating well, drinking water, exercising, and sleeping enough can help us have a healthier and happier life.

EXERCISE 1. MULTIPLE CHOICE

Choose the correct answer. (1 point each)

1. Why are healthy habits important?

a) They make us tired.

b) They help us feel better.

c) They make us hungry.

d) They waste our time.

2. **What foods should teenagers eat?**

a) Candy and hamburgers.

b) Only pizza.

c) Fruits and vegetables.

d) Only chocolate.

3. **How many glasses of water should we drink every day?**

LIVEWORKSHEETS

a) Two or three.

b) Six to eight.

c) Ten to twelve.

d) One.

4. **How many hours of sleep do teenagers need?**

a) Four to five.

b) Five to six.

c) Eight to ten.

d) Twelve to fifteen.

EXERCISE 2. TRUE OR FALSE

Read the sentences and write TRUE or FALSE. (1 point each)

5. Healthy habits help teenagers have more energy. _____
6. Teenagers should eat junk food every day. _____
7. Physical activity keeps our bodies strong and healthy. _____
8. Teenagers should use their phones for a long time before sleeping. _____

EXERCISE 3. MATCHING

Match the words with their correct definitions. (1 point each)

9. Exercise _____
10. Hydrated _____
11. Sleep _____
12. Nutritious _____

a) To rest at night.

b) Having enough water in your body.

c) Food that is healthy and provides important nutrients.

d) Physical activity that keeps your body healthy.

EXERCISE 4. COMPLETE THE SENTENCES

Complete the sentences using words from the reading.

13. Teenagers should eat fruits and _____.
14. We should drink six to eight glasses of _____ every day.
15. Teenagers need about eight to ten hours of _____.
16. Physical activity keeps our bodies strong and _____.

LIVEWORKSHEETS

EXERCISE 5. SHORT ANSWERS

Answer the following questions using complete sentences.

17. Mention two healthy foods from the reading.

---

18. Why is drinking water important?

---

19. Mention two physical activities teenagers can practice.

---

20. What should teenagers avoid doing before going to bed?

LIVEWORKSHEETS