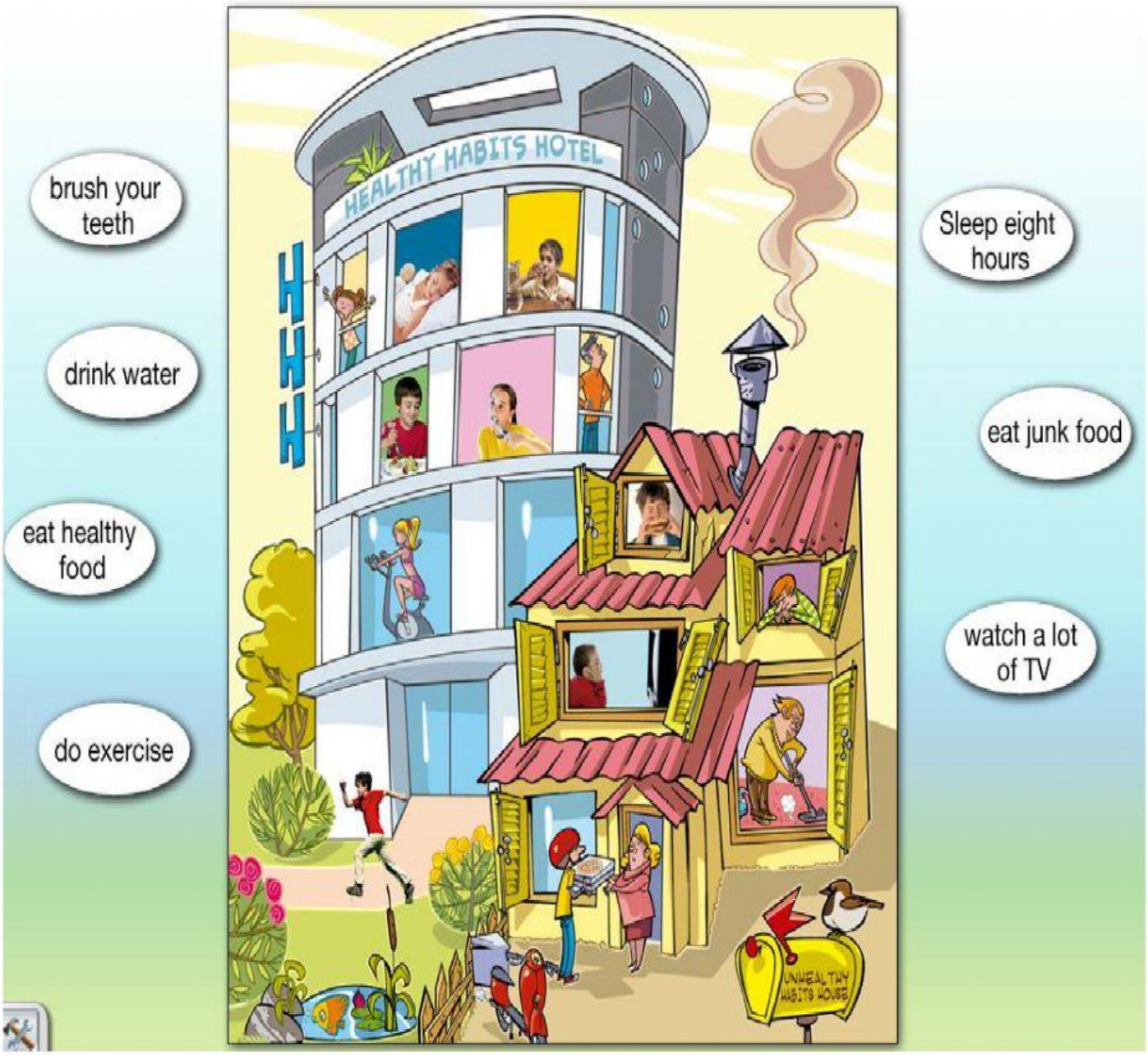
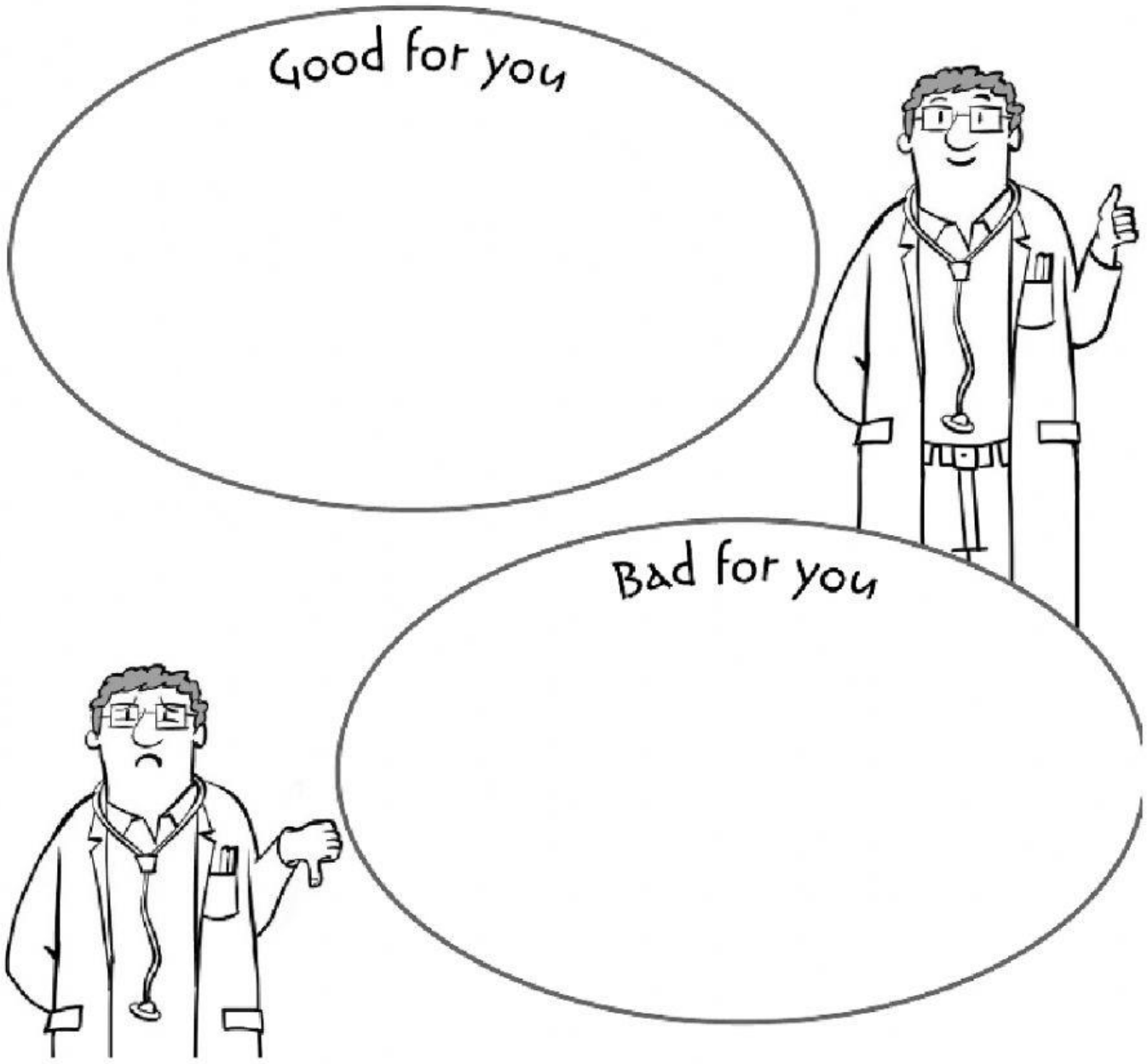
1 Drag the Word



LIVEWORKSHEETS

2 Drag the sentences to the correct buble.



Sleeping five hours a night.	Eating fruit twice a day.
Watching TV for four hours every day.	Drinking lemonade every day.
Drinking water every day.	Brushing your teeth twice a week.
Brushing your teeth twice a day.	Having a shower every day.
Having a shower once a week.	Doing exercise three times a week.
Sleeping eight hours a night.	Eating chocolate and sweets every day.

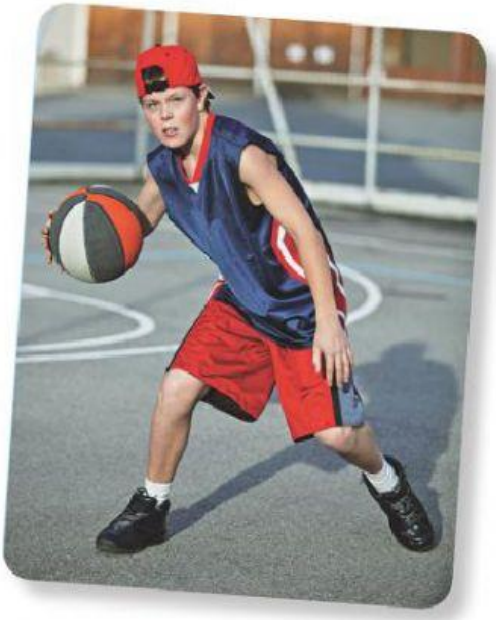
LIVEWORKSHEETS

3 Complete the text with the correct word.

eat do sleep is lots have brush

It [1]_____ important to have healthy habits. You need to [2]_____ 8 hours a night. You need to [3]_____ exercise every day. You need to [4]_____ your teeth twice a day and [5]_____ fruit and other healthy food. You need to drink [6]_____ of water, and you need to [7]_____ a shower every day.

4 Read and answer.



This is Simon. He's from Canada and his hobby is basketball. Simon goes to basketball practice after school four times a week. He goes to the gym twice a week too, and does exercise. He plays a basketball match with his team once a week. His team is the Toronto Dragons. His ambition is to play basketball in the Olympics.

Simon usually eats healthy food. He has eggs, cereal and fruit for breakfast every day. Once a week, he eats his favourite food, it's cheesecake!

1 How often does Simon go to the gym?
2 How often does he have fruit for breakfast?
3 How often does he eat cheesecake?
4 How often does he go to basketball practice?

LIVEWORKSHEETS