Sheila and Mark live in London. Their ***habits*** are very different. Can you complete the missing verbs?

Sheila is 12 years old. She always (go) …goES……..to school in the morning and (come) ……back home at 4 in the afternoon. In the afternoon , she (take) ……a shower Sheila usually (eat)…….. vegetables and some meats. For example, she (have)…….. chicken or fish with rice and salad and she (like)……. drinking water or juice. After that, she (brush)……. her teeth. In the evening, Sheila sometimes (walk)…… to the sports center. There, she (play)…….. tennis or (do)…….. some exercise three times a week with her friends . When she (be)…… hungry, she always (eat)…… some fruit. Sheila never (go)……. to bed after10 o´clock because she (need)……. to get enough rest to get up early in the morning.

Mark always (get)…….. up at twelve in the morning. He (not have)…… breakfast. Mark (like)…….. having hamburgers, pizza, crisps and hot dogs for lunch. He always (have) ……. fizzy drinks like cola. So there (be not)…….. any vegetables or fruit at home.

His school is only six blocks away, but he (not walk)……. to school and (go)……. on the school bus. At six o'clock, Mark (go)……. to the bus stop and (come)…….back home. He (sit)……. on his dad's sofa and

(watch)……. TV for three hours. When he (be)……. hungry, he (eat)……. lots of sweets or chocolate biscuits and he always(drink)……. cola. He (not go)……. to sleep early because he (like)……. playing computer games late at night. He usually (stay)……. at home all day at weekends.

LIVEWORKSHEETS

1. TRUE (T) OR FALSE (F)

Sheila takes a shower in the morning.

She sometimes plays tennis with her friends.

Mark likes to have a healthy routine

He eats a lot of fast food.

1. Can you please help me find the following information?

What does Sheila eat?

.....

Where does she play sports?

.....

Does she like fast food?

.....

Do Sheila and Mark live in Spain?

.....

How does Mark go to school?

.....

Do you have healthy habits? YES / NO.

LIVEWORKSHEETS