

NAME: _____ COURSE: _____ DATE: _____ N° _____

Personal Care Expressions

1. Listen and select the expression



- a. drink water
- b. brush my teeth
- c. visit the doctor



- a. eat healthy food
- b. take a shower
- c. exercise regularly



- a. brush my teeth
- b. visit the doctor
- c. sleep well



- a. drink water
- b. comb my hair
- c. take a shower



- a. sleep well
- b. comb my hair
- c. drink water



- a. eat healthy food
- b. manage the stress
- c. take care of animals



- a. manage the stress
- b. eat healthy food
- c. brush my teeth



- a. visit the doctor
- b. take a shower
- c. exercise regularly



- a. manage the stress
- b. spend time with family
- c. exercise regularly



- a. take a shower
- b. brush my teeth
- c. eat healthy food



- a. comb my hair
- b. meditate
- c. visit the doctor



- a. drink water
- b. meditate
- c. sleep well

2. Select the answer for each question:

What do you do in the mornings after waking up?

a. I have dinner.

b. I sleep well.

c. I brush my teeth.

At what time do you take a shower?

a. In the morning.

b. At midnight.

c. I don't take showers.

What can you do to relax?

a. Study hard

b. Meditate

c. Eat healthy food

What should you do if you feel sick?

a. Visit the doctor

b. Take care of animals

c. Comb my hair

Which of the following is an example of healthy food?

a. Soda

b. Hamburger

c. Salad

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3. Match the expression with its meaning in Spanish.

Meditate

Comb my
hair

Visit the
doctor

Spend time
with family

Visitar al
doctor

Meditar

Compartir
con la
familia

Peinar mi
cabello

Brush my
teeth

Take care
of animals

Take a
shower

Manage
the stress

Cuidar a
los
animales

Tomar una
ducha

Cepillar
mis dientes

Manejar el
estrés

Exercise
regularly

Eat
healthy
food

Sleep well

Drink
water

Dormir
bien

Beber agua

Comer
comida
saludable

Ejercitarse