NAME: _____ GUIA N. 8

DATE: _____ GRADE: 6° - II PERIOD

1. **Use the words in the box to complete the sentences about your habits. Write healthy or unhealthy next to each habit.**

Always	usually	sometimes	hardly ever

1 I *usually* stay in all day. *Unhealthy*

2 I _____ drink eight glasses of water a day. _____

3 I _____ eat breakfast. _____

4 I _____ brush my teeth in the morning and in the evening. _____

5 I _____ do exercise three times a week. _____

6 I _____ eat fruit and vegetables every day. _____

7 I _____ sleep more than sever hours per day. _____

8 I _____ eat fast food. _____

9 I _____ drink fizzy drinks. _____

10 I _____ use dental floss. _____

2. **Think about the habits you have. Do you have a healthy/unhealthy/balanced routine? Describe your routine.**

I have a _____ routine, because

_____

_____

_____

_____

_____

3. **Answer the questions about the activities and celebrations. Use in or on.**

1 In which month do you celebrate Valentine`s day?

We celebrate it in September.

2 When is Christmas Day?

_____

3 When do you celebrate Halloween?

_____

4 In which month is Mother`s Day?

_____

5 When in Independence Day in Colombia?

_____

6 In which month is Father`s Day?

_____

7 When is your birthday?

_____

8 When is your mother`s Day?

_____

