



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 seven 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

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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?

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3 When do you celebrate Halloween?

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4 In which month is Mother's Day?

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5 When is Independence Day in Colombia?

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6 In which month is Father's Day?

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7 When is your birthday?

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8 When is your mother's Day?

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