



NAME: _____

GUIA N. 9

DATE: _____

GRADE: 6° - II PERIOD

1. Read about Roberto's routine. Complete the text with the correct form of the verbs.

Roberto is twelve years old. He **wakes up** (wake up) at 5:30 am. He _____ (take) a shower and _____ (have) breakfast. He _____ (eat) eggs, cheese and chocolate milk. He never _____ (brush) his teeth because he doesn't have time. He _____ (go) to school at 6:30 am. He _____ (not have) lunch at school. He _____ (have) some snacks, such as chips and sweets. Roberto _____ (come) home at 3:00 pm. Then, he usually _____ (make) a sandwich for lunch. He never _____ (do) exercise in the week. Sometimes he _____ (play) football on Saturday. At the weekend, he always _____ (eat) fast food for dinner.



2. Decide if Roberto has healthy or unhealthy habits. Then plan a better routine for him.

1 Does he have a healthy routine?

2 Think of healthy alternatives for Roberto in each of these three areas: personal hygiene, food and exercise.

3 Write a healthy routine for Roberto. Write one paragraph for each area.

Personal Hygiene

First, **he can wake up at 5:00 am to have time to brush his teeth.**

Then, _____

Finally, _____

Food

Exercise