



NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

GUIA N. 9  
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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_