



# Healthy vs. Unhealthy Habits

## Worksheet B

Part A: Put the sentences in the correct order – watch for adverbs of frequency.

fruits eat always I

1.     .

every day usually I water drink

2.      .

never sweets I eat

3.     .

often in walking I go the park

4.       .

smoke I cigarettes never

5.     .

yoga sometimes I do

.





Part B: Read the sentences and decide if it is a HEALTHY or UNHEALTHY habit and also the reason WHY.

1. I often go walking in the park. This is \_\_\_\_\_  
because \_\_\_\_\_.



2. I always eat fruits and vegetables. This is \_\_\_\_\_  
because \_\_\_\_\_.



3. I sometimes go to bed very late. This is \_\_\_\_\_  
because \_\_\_\_\_.



4. I usually drink 8 cups of water a day. This is \_\_\_\_\_  
because \_\_\_\_\_.



5. I usually drink 5 cups of coffee a day. This is \_\_\_\_\_  
because \_\_\_\_\_.



6. I never eat fast food. This is \_\_\_\_\_  
because \_\_\_\_\_.

