

Name: _____

Date: _____



DAILY ROUTINE

1. Watch the video and choose the actions you identify.

brush my teeth.	drink alcohol.	watch TV.
get up at 7 o'clock.	read a book.	have dinner.
go to school.	eat junk food.	listen to the radio.
have breakfast.	chat with friends.	exercise.
go to work.	play video games.	do homework.
	go to bed.	meet friends.

3. Classify the actions into healthy and unhealthy. What actions can you do every day to have a healthy routine?

