

HEALTHY HABITS

1. Classify the words in the box into the chart. *Clasifica las palabras del recuadro en la tabla.*

watch TV all day

surf

sleep 9 hours

play football

sleep 6 hours

wash your hands

exercise

play videogames for 4 hours

HEALTHY	UNHEALTHY

2. Choose healthy or unhealthy for each sentence. *Elige saludable o no saludable para cada oración.*

a) I play basketball 3 times a week. _____

b) I watch the TV or play on the computer for 5 or 6 hours every day. _____

c) I go to bed at 12 o'clock. _____

d) I play on the computer for an hour every day. _____

e) I never do any exercise! _____

f) I go to bed at 10 o'clock. _____

3. Match the two columns. *Relaciona las dos columnas.*

Wash your hands *

* after touching an animal

* before eating

Brush your teeth *

* at the swimming pool

*after going to the toilet

Wear plastic shoes *

* after eating