

# 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 \*

Brush your teeth \*

Wear plastic shoes \*

\* after touching an animal

\* before eating

\* at the swimming pool

\* after going to the toilet

\* after eating