

A Look and write.

have junk food
choose healthy snacks

eat late at night
eat vegetables

skip breakfast
drink lots of water

1.



2.



3.



Eating vegetables

is good.

good.

good.

4.



5.



6.



good.

good.

good.

B Look and match.

1.



2.



3.



4.



take
a shower

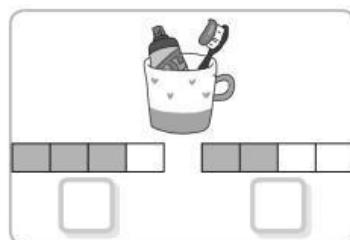
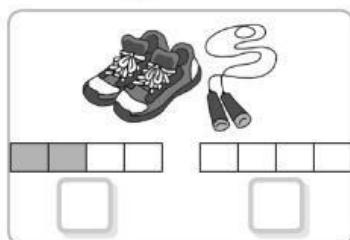
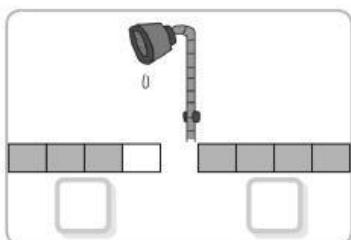
brush
my teeth

work out

get enough
sleep

C Listen and number.

135



D Look and write.

working out
enough sleepusually
havehabits
work out

always

1. Do you _____ any
healthy _____?2. I _____ get _____.
How about you?

3. I _____.

4. _____ is good.

E Color and write.

1.

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How often do you take a shower?

2.

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How often do you eat late at night?

3.

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How often do you choose healthy snacks?
