

# MY HEALTHY ROUTINE



ESTUDIANTE	PROPÓSITO	COMPETENCIA
	Que los estudiantes escriban un texto corto y coherente sobre su rutina saludable en inglés, empleando estructuras gramaticales como el <b>Present Simple</b> , los <b>Adverbios de Frecuencia</b> , y <b>Modales de obligación (must)</b> , reflexionando sobre la importancia del autocuidado.	ESCRIBE DIVERSOS TIPOS DE TEXTO: INGLÉS □

## 01 My Healthy Routine – Let's Write and Reflect!

A

Read the following text

### My Healthy Routine

I usually wake up at 6:30 a.m. I take a shower and eat a healthy breakfast. I must eat fruits every day. At school, I always drink water and I never drink soda. I sometimes walk to school. In the afternoon, I do my homework and rest. At night, I go to bed at 9:30 p.m. My routine helps me feel strong and happy!

D

Complete these sentences with a verb in the Present Simple

**Verbs:** wake up – go – eat – drink – take

- I \_\_\_\_\_ a shower in the morning.
- I \_\_\_\_\_ fruits every day.
- I \_\_\_\_\_ water at school.
- I \_\_\_\_\_ at 6:30 a.m.
- I \_\_\_\_\_ to bed at 9:30 p.m.

B

Read the text and answer in English

What time does the person wake up?



What does the person always drink at school?



What does the person never drink?



What time does the person go to bed?



E

Modal Verb Practice – Complete with must or mustn't

- You \_\_\_\_\_ eat junk food every day. ✗
- We \_\_\_\_\_ drink water. ✓
- Students \_\_\_\_\_ wash their hands. ✓
- You \_\_\_\_\_ sleep too late. ✗
- I \_\_\_\_\_ eat fruits every day. ✓

C

Write True or False according to the text

The person usually wakes up at 7:00 a.m.

☐

The person must eat vegetables every day.

☐

The person always drinks soda.

☐

The person sometimes walks to school.

☐

F

Grammar Practice – Complete the sentences with

always, sometimes, usually or never.

- I \_\_\_\_\_ drink soda.
- I \_\_\_\_\_ brush my teeth at night.
- I \_\_\_\_\_ exercise on weekends.
- I \_\_\_\_\_ eat vegetables.
- I \_\_\_\_\_ sleep at 11 p.m.

