



Healthy Habits - Listening Worksheet



English A1 - Listening Practice

1. PRE - LISTENING (10 MINUTES)



- Look at each picture carefully. Listen to the sentence you hear. Repeat the sentence exactly as you hear it. Try to say it clearly and focus on copying the sounds and words from the audio.



2. WHILE - LISTENING (15 MINUTES)



- Listen carefully to the 1-minute audio about Juan's healthy habits. Try to remember at least 8 habits that Juan does every day to stay healthy. Do not say them yet. Focus on listening carefully and understanding the actions.



CLICK HERE



3. POST - LISTENING (15 MINUTES)



- Now it's your turn! Click on each of the 8 buttons and say one healthy habit that Juan does from the audio. Try to say at least 8 habits in total. Speak clearly and remember what you listened in the audio.

1	2	3	4	5	6	7	8