Best Players Always Have Healthy Habits

Listening Quiz

Name: _____ **Class:** _____

Part 1: Pre-Listening Warm-up

Before you listen, try to unscramble these healthy habit words:

1. P L E E S = ___Sleep___ (8 hours)
2. E C E X I R S E = _____ (Do sports)
3. R I N K D = _____ (water)
4. T A E = _____ (vegetables)

Part 2: Listening

Listen to the audio, take notes

Part 3: True or False Activity

Listen to the audio and choose True or False

1. Maria **usually** wakes up late. (True / False)
2. Maria **always** drinks water before breakfast. (True / False)
3. Maria **never** eats fruit in the afternoon. (True / False)
4. Maria **never** eats junk food at night. (True / False)

Part 4: Fill in the Blank

Listen again and choose the missing Frequency Adverbs

1. I _____ do stretching in the morning.
2. I _____ eat vegetables for lunch.
3. I _____ go to sleep early.

LIVEWORKSHEETS