Healthy Habits

Healthy habits help people stay strong and healthy. Anna is a university student. She wakes up at 6:30 a.m. every day. She drinks a glass of water before breakfast. She eats fruit, eggs, and bread for breakfast because they give her energy. Anna walks to university every morning. She studies English and enjoys learning new words. In the afternoon, she eats vegetables, chicken, and rice for lunch. She also drinks plenty of water during the day.

After university, Anna exercises for thirty minutes. She sometimes rides her bicycle or goes for a walk in the park. In the evening, she does her homework and reads a book. She does not spend many hours on her phone before bedtime. She goes to bed at 10:00 p.m. and sleeps eight hours every night.

Anna believes that healthy habits make her feel happy, energetic, and ready to learn every day.

LIVEWORKSHEETS

1. What does Anna drink before breakfast?

A. Coffee ☐
B. Milk ☐
C. A glass of water ☐
D. Juice ☐

2. How does Anna go to university?

A. By bus ☐
B. By car ☐
C. She walks ☐
D. By bicycle ☐

3. What does Anna do after university?

A.She watches television ☐
B. She exercises ☐
C. She sleeps ☐
D. She plays video games ☐

4. Why does Anna eat healthy food?

A.Because she likes cooking ☐
B. Because it is cheap ☐
C. Because it gives her energy ☐
D. Because her friends tell her to ☐

LIVEWORKSHEETS

True or False

1. Anna drinks coffee before breakfast. ☐
2. Anna exercises after university. ☐
3. Anna sleeps eight hours every night. ☐

Matching

6:30 a.m.	30 minutes	Water

Column A	Column B
Wake up	
Drink	
Exercise	

LIVEWORKSHEETS