

Reading: Healthy Habits

Anna is 14 years old. She wants to stay healthy, so she has good habits every day. She gets up at 7:00 a.m. and eats a healthy breakfast with fruit, yogurt, and bread. She walks to school because it is close to her house. After school, she plays basketball with her friends for one hour. In the evening, she does her homework and eats dinner with her family. She drinks a lot of water during the day and does not drink many soft drinks. Before bed, she reads a book for 20 minutes. She goes to bed at 9:30 p.m. because she knows that sleeping well is important for her health.

A. Choose the correct answer.

1. What time does Anna get up?
a) 6:30 a.m.
b) 7:00 a.m.
c) 8:00 a.m.
2. How does Anna go to school?
a) By bus
b) By bike
c) On foot
3. What sport does Anna play?
a) Soccer
b) Basketball
c) Tennis
4. What does Anna do before bed?
a) Watches TV
b) Uses her phone
c) Reads a book

B. Write **True** or **False**.

1. Anna drinks a lot of soft drinks. _____
2. Anna eats dinner with her family. _____
3. Anna sleeps early because it is good for her health. _____

C. Match the words with the correct meaning.

A

1. Breakfast
2. Water
3. Homework

B

- a. A drink that is good for your body
- b. The first meal of the day
- c. School work you do at home