# Emma's Healthy Habits

**READING COMPREHENSION ACTIVITY**

Healthy habits are important for our body and mind. Emma tries to live a healthy life every day. She usually eats fruit and vegetables and drinks plenty of water. She doesn't eat fast food very often. In the morning, she walks to work instead of taking the bus. She also exercises three times a week. In the evening, Emma doesn't use her phone before bed because she wants to sleep well. She usually sleeps for eight hours every night. At weekends, she enjoys spending time outside with her friends and family.

**A. Read the text and decide whether the sentences are true or false.**

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|---|---|---|---|
| **1.** | Emma eats fruit and vegetables regularly. | True | False |
| **2.** | She drinks very little water. | True | False |
| **3.** | Emma often eats fast food. | True | False |
| **4.** | She walks to work in the morning. | True | False |
| **5.** | Emma exercises twice a week. | True | False |
| **6.** | She uses her phone before going to bed. | True | False |
| **7.** | Emma usually sleeps for eight hours. | True | False |
| **8.** | She spends weekends alone. | True | False |
| **9.** | Emma enjoys spending time outside. | True | False |
| **10.** | She takes the bus to work every morning. | True | False |



LIVEWORKSHEETS