

1. Complete with the correct part of the day.

- a. I wake up early _____.
- b. My parents go to bed late at _____.
- c. My brother plays video games every _____.
- d. School starts in the _____.
- e. You take swimming lessons in the _____.

2. Underline the correct answer.

- a. Alejandro **have** / **has** healthy daily routines.
- b. Susan **go** / **goes** to bed late.
- c. I **watch** / **watches** TV at night.
- d. My brother **plays** / **play** video games for many hours.
- e. You **eat** / **eats** a lot of vegetables every day.

3. Put the words in the correct order to make sentences.

- a. works / She / in / out / afternoons / the / .

- b. cycles / Paty / every morning / school / to / .

- c. late / I / bed / to / go / .

- d. lots / drinks / of / He / soda / .

- e. sister / many / My / sports / plays / .

4. Complete the interview with the words or phrases in the boxes.

wake up

housework

late

many hours

Helen: a) Do you help with the _____?

Sam: Yes, I make my bed and wash the dishes.

Helen: b) That's cool! At what time do you _____?

Sam: Before 6 a.m.

Helen: c) That's very early! Do you go to bed _____?

Sam: Only on weekends.

Helen: d) And do you play video games for _____?

Sam: Not really. I prefer playing sports.

Helen: Congratulations!

5. Complete the conversation.

My name's Ana and I think I have healthy habits because I a) _____ eight hours a day and I b) _____ in the park every morning. I also c) _____ lots of fruits and vegetables and I d) _____ two liters of water every day.

6. Write two healthy habits you have and the part of the day when you do them.

a. _____

b. _____

