

Healthy
Students
Brighter
Futures!

Healthy Life for a Healthy Future

English Worksheet

Grammar Focus: Simple Present Tense

Eat Well
Be Active
Stay Healthy
Keep Learning!

A Multiple-Choice Questions (HOTS)

Choose the best answer (A, B, C, or D).

1. Rina eats breakfast every morning. Which sentence is correct?

- ☐ A Rina eat breakfast every morning.
- ☐ B Rina eats breakfast every morning.
- ☐ C Rina eating breakfast every morning.
- ☐ D Rina does eats breakfast every morning.



2. Dimas often eats sugary snacks and rarely eats fruit. Which sentence is correct?

- ☐ A Dimas don't eat fruit regularly.
- ☐ B Dimas doesn't eats fruit regularly.
- ☐ C Dimas doesn't eat fruit regularly.
- ☐ D Dimas not eat fruit regularly.



3. Which question best asks about a student's daily eating habits?

- ☐ A What did you eat yesterday?
- ☐ B What are you eating now?
- ☐ C What do you usually eat for breakfast?
- ☐ D What will you eat tomorrow?



4. Read the sentence: "Healthy food provides essential nutrients for teenagers." Why does the writer use the Simple Present Tense?

- ☐ A To describe an action happening right now.
- ☐ B To describe a general fact.
- ☐ C To describe a past experience.
- ☐ D To describe a future plan.



5. A student writes, "Does healthy eating helps students concentrate?" Which revision is correct?

- ☐ A Do healthy eating helps students concentrate?
- ☐ B Does healthy eating help students concentrate?
- ☐ C Does healthy eating helped students concentrate?
- ☐ D Does healthy eating helping students concentrate?



C Fill in the Blanks

Complete the sentences using the correct Simple Present Tense form of the verb.

9. My sister _____ a healthy breakfast every morning. (eat)
10. Students _____ enough water during the day. (need)
11. Rudi _____ sugary drinks very often. (not / drink)
12. _____ your friends _____ fruit for lunch? (bring)
13. Regular exercise _____ students stay active. (help)
14. My parents _____ balanced meals for our family. (prepare)
15. A healthy lifestyle _____ good habits and self-discipline. (require)
16. _____ your brother _____ enough sleep every night? (get)
17. We _____ fast food every day because we want to eat more nutritious meals. (not / eat)
18. Fresh fruits and vegetables _____ essential vitamins and minerals. (provide)



E Make Your Own Sentences

Write one original sentence for each prompt. Use the Simple Present Tense.

22. Write a positive sentence about eating a balanced diet.

23. Write a negative sentence about drinking sugary drinks.

B Complex Multiple-Choice Questions

More than one answer may be correct. Choose all the correct answers.

6. Which sentences correctly use the Simple Present Tense?

- ☐ A. She drinks enough water every day.
- ☐ B. They eats vegetables at lunch.
- ☐ C. My brother exercises every weekend.
- ☐ D. We gets enough sleep every night.
- ☐ E. Healthy food provides important nutrients.



7. Which sentences correctly express negative habits?

- ☐ A. I don't eat breakfast every morning.
- ☐ B. He doesn't drink enough water.
- ☐ C. They doesn't exercise regularly.
- ☐ D. My sister doesn't skip breakfast.
- ☐ E. We don't eats vegetables.



8. Which questions are grammatically correct?

- ☐ A. Does your mother prepare healthy meals?
- ☐ B. Do your friends exercise after school?
- ☐ C. Does he drinks milk every day?
- ☐ D. Do she eat fruit regularly?
- ☐ E. Does the school provide drinking water?



D Write Positive, Negative, and Interrogative Sentences

Write three sentences for each prompt in the Simple Present Tense.

19. Subject: She | Verb: eat | Object: vegetables every day

Positive : _____
Negative : _____
Interrogative : _____

20. Subject: They | Verb: drink | Object: enough water

Positive : _____
Negative : _____
Interrogative : _____

21. Subject: He | Verb: exercise | Time: every morning

Positive : _____
Negative : _____
Interrogative : _____

SELF-REFLECTION

1. One grammar rule I understand well is: _____
2. One thing I still need to practice is: _____
3. One healthy habit I want to develop is: _____



"Healthy habits today, a healthier future tomorrow!"

Eat well • Drink enough water • Stay active • Sleep well • Keep learning
SMAN 108 JAKARTA • Confidence • Integrity • Competence

LIVEWORKSHEETS