



Healthy vs. Unhealthy Habits

Worksheet #1

Part A: Read the sentences below and decide if the activity described is a **HEALTHY** habit or an **UNHEALTHY** habit.

1. I eat a lot of sweets.
2. I sleep 8 hours at night.
3. I play sports.
4. I eat fast food all the time.
5. I smoke.
6. I go to bed late every night.
7. I go walking.
8. I drink 8 glasses of water.
9. I play video games all day.
10. I do yoga.



Part B: Put the sentences in the correct order – watch for adverbs of frequency and specific times.

fruits eat always I

1. .

every water I day drink

2. .

never sweets I eat

3. .

times a walk I week three

4. .

sleep every I 8 night hours

5. .

yoga sometimes I do

6. .





Part C: Read the sentences and decide if it is a **HEALTHY** or **UNHEALTHY** habit and also the reason **WHY**.



1. I go walking 3 times a week. This is _____
because _____.



2. I always eat fruits and vegetables. This is _____
because _____.



3. I go to bed late every night. This is _____
because _____.



4. I drink 8 cups of water every day. This is _____
because _____.



5. I drink 5 coffees every day. This is _____
because _____.



6. I always eat fast food. This is _____
because _____.

