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| **Unit 14 Healthy Habits** | | |
| Date: | Name: | Excellent / Good / Poor |

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| **Listening Practice 2** (p.61) |

**Listen to the dialog and fill in the blanks.** (*CD2 Track 7*)

1. Linda walks to school to stay healthy.

2. Julie sleeps for 8 hours a day to stay healthy.

3. Karen stopped eating sweet candies to stay healthy.

4. Rob drinks 6 glasses of water a day to stay healthy.

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| **Listening Practice 3** (p.62) |

**Listen to the dialog and fill in the blanks.** (*CD2 Track 8*)

Hi, I am Sarah. Let me tell you about some of the healthy habits my little brother, John, and I do. I never forget to brush my teeth after every meal and I spend a lot of time trying to keep my room clean. On the other hand, my brother’s healthy habits are very simple. He always makes himself happy by laughing a lot and talking with his friends.

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| **Listening Practice 4** (p.62) |

**Listen to the dialog and fill in the blanks.** (*CD2 Track 9*)

Jake: Mom, I really want to become stronger than now, but I don’t know how.

Mom: You need to get up early to go for a jog every day and always eat

a healthy breakfast.

Jake: That’s hard. It is really hard to wake up early in the morning.

Mom: I can help you if you like.

Jake: Okay, I will start tomorrow.