

Name: _____ Date: _____

Part A

Read and circle.



- a. stay up late
- b. get exercise
- c. take a shower



- a. eat fast food
- b. drink soft drinks
- c. wake up early



- a. take a rest
- b. get fresh air
- c. play video games

Part B

Look and write. Use the words in the box.

brush my teeth	get a checkup
eat candy	take a rest



Name: _____ Date: _____

Part C

Read and circle.

7. How _____ do you stay up late?
 - a. always
 - b. sometimes
 - c. often
8. I _____ my face.
 - a. never
 - b. sometimes wash
 - c. wash always
9. You should _____ fruit and vegetables.
 - a. eating
 - b. eat
 - c. ate
10. He often _____ exercise.
 - a. get
 - b. getting
 - c. gets

Part D

Order the words.

11. soft drinks? / often / do you / How / drink

12. sometimes / a shower. / I / take

13. shouldn't / eat candy. / You

Part E

Read and write. Use the words in the box.

keep	vitamins
live	healthy

You should always eat

(14.) _____ foods like fruit and vegetables. Fruit and vegetables have (15.) _____. They (16.) _____ your body healthy.