

# Healthy Habits

**Cam's Tale:** Two Schedules, Student's Book, page 6

## Read and number in order.

go to bed early

☐

comb my hair

☐

have breakfast

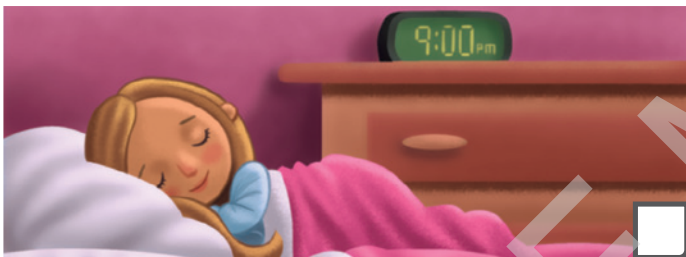
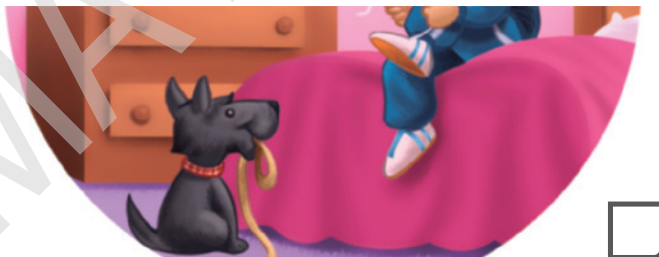
☐

go for a walk

☐

## Look and number.


☐

☐

☐

☐

## Read and circle.

1. An apple is a healthy snack.
2. Ava goes for a walk in the park.
3. Ava drinks milk and orange juice.
4. Ava goes to bed early only on weekdays.
5. Owen thinks Scottie is very healthy.

True

False

True

False

True

False

True

False

True

False

## Write your three healthy habits.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Cam's Values

**Listen and complete.** 



This is what I do to stay healthy.

I wake up early, at (1) \_\_\_\_\_

o'clock in the morning. I take a shower every day to keep clean. I eat

(2) \_\_\_\_\_ healthy meals a

day. After each meal, I brush my teeth very well. I like to stay active, so I

exercise in the afternoons, at about (3) \_\_\_\_\_ o'clock. I drink

(4) \_\_\_\_\_ glasses of water a day. Finally, I go to bed early,

at (5) \_\_\_\_\_ o'clock. Even on weekends!

**Read and mark (✓) the healthy habits.**

1. Take a shower every day.
2. Exercise only once a month.
3. Go to bed late.
4. Brush your teeth after each meal.
5. Drink a glass of water a day.

☐  
☐  
☐  
☐  
☐

**Rewrite the habits that are not healthy.**

1. (every day)

---

2. (early)

---

3. (six glasses)

---





# Vocabulary

## Look and match.

1. exercise                      three meals a day



2. wake up                      in the park or  
at school



3. have                          six or eight glasses  
of water



4. drink                          early



## 2 Read and complete.



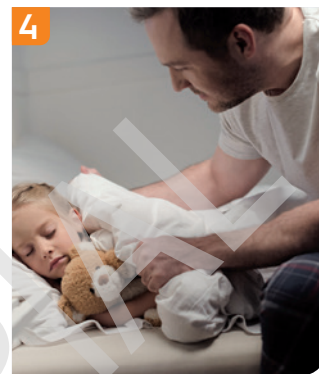
comb      drink      go      take      brush

1. I \_\_\_\_\_ a shower in the mornings.
2. I \_\_\_\_\_ my hair before I go to school.
3. I \_\_\_\_\_ to bed early, at about 8 o'clock.
4. I use my toothbrush to \_\_\_\_\_ my teeth.



## 3 Look and label.

 in the evening      at night      in the afternoon      in the morning



## 4 Read and circle.

- Olga has breakfast **before** / **after** school. Then she puts on her uniform.
- Charles has a healthy lunch **at** / **in** the afternoon.
- Dan does homework **in** / **after** school.
- Lucy has dinner with her family **on** / **in** the evening.

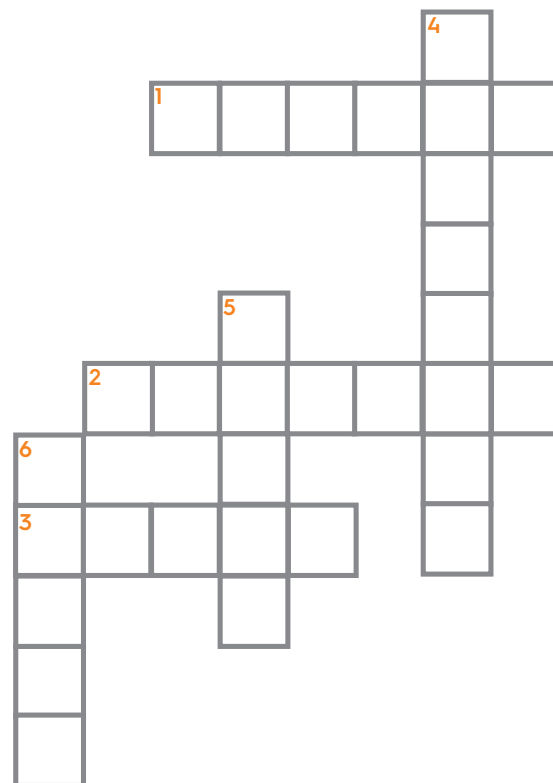
## 5 Read and solve the puzzle.

## Across

- Susan takes a \_\_\_\_\_ in the morning.
- Roy has dinner at home in the \_\_\_\_\_.
- Cindy goes to bed \_\_\_\_\_, at 8 o'clock.

## Down

- Helen goes to the park on \_\_\_\_\_ because there's no school.
- I have three \_\_\_\_\_ a day: breakfast, lunch and dinner.
- I brush my \_\_\_\_\_ after each meal.





Look and complete using *Lucy* or *Peter*.



1. \_\_\_\_\_ wakes up at 7:15 in the morning.
2. \_\_\_\_\_ eats eggs and drinks juice for breakfast.
3. \_\_\_\_\_ doesn't play soccer in the afternoon.
4. \_\_\_\_\_ doesn't ride a bike after school.

Read and write.

1. What time does Lucy wake up?  
\_\_\_\_\_
2. What time does Peter have breakfast?  
\_\_\_\_\_
3. When does Lucy play soccer in the park?  
\_\_\_\_\_
4. When does Peter ride his bike?  
\_\_\_\_\_



## 2 Complete using the correct form of each verb.

not speak    play    live    not see    walk    visit    take

to: Grandma <lucysmith@happymail.com>

subject: My new friend!

Dear Grandma,

Guess what? I have a new friend at school. His name is Joao. He is from Brazil. He (1) \_\_\_\_\_ on Main Street, near my house. He (2) \_\_\_\_\_ to school with his mom every morning, just like me! During recess, we (3) \_\_\_\_\_ soccer together. On Monday afternoons, we (4) \_\_\_\_\_ guitar lessons together. On Wednesdays, Joao has extra English classes because he still (5) \_\_\_\_\_ English well. We (6) \_\_\_\_\_ each other on weekends because he always (7) \_\_\_\_\_ his grandparents. In the picture, we're together at school. Hope to see you soon.

Love,  
Austin



### ⊙ Read and write.

1. Where does Joao live?  
\_\_\_\_\_
2. What do Austin and Joao do at recess?  
\_\_\_\_\_
3. Why does Joao have extra English classes?  
\_\_\_\_\_
4. What does Joao do on weekends?  
\_\_\_\_\_

### ⊙ Write more questions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# Big World, Small World



¡Hola! I'm Fabiola  
from Costa Rica.

1 Listen and mark (✓) the true sentences.



1. There is an active volcano near Costa Rica's capital city.



3. There are tropical beaches with sand of different colors.



2. Costa Rica's national tree, *guanacaste*, grows up to 35 meters tall.



4. There are four different waterfalls at La Paz Waterfall Gardens Nature Park.



## 2 Read, look and label.

In Costa Rica, you can find 900 species of birds, including six types of toucans. They have big, colorful beaks. There are 105 types of bats. These are the only mammals that can fly! There are different types of plants, including 1,500 types of orchids. They can be pink, white, purple or black. There are 1,250 types of butterflies. One of them is the blue morpho butterfly, one of the largest in the world. Its wings can span from 12 to 20 centimeters!



1. \_\_\_\_\_



3. \_\_\_\_\_



2. \_\_\_\_\_



4. \_\_\_\_\_



## 3 Read, look and number.

www.travelguide.com

## What can you do at Tortuguero National Park?

1. You can take a small plane to this park, and you can see the rain forest from the sky!

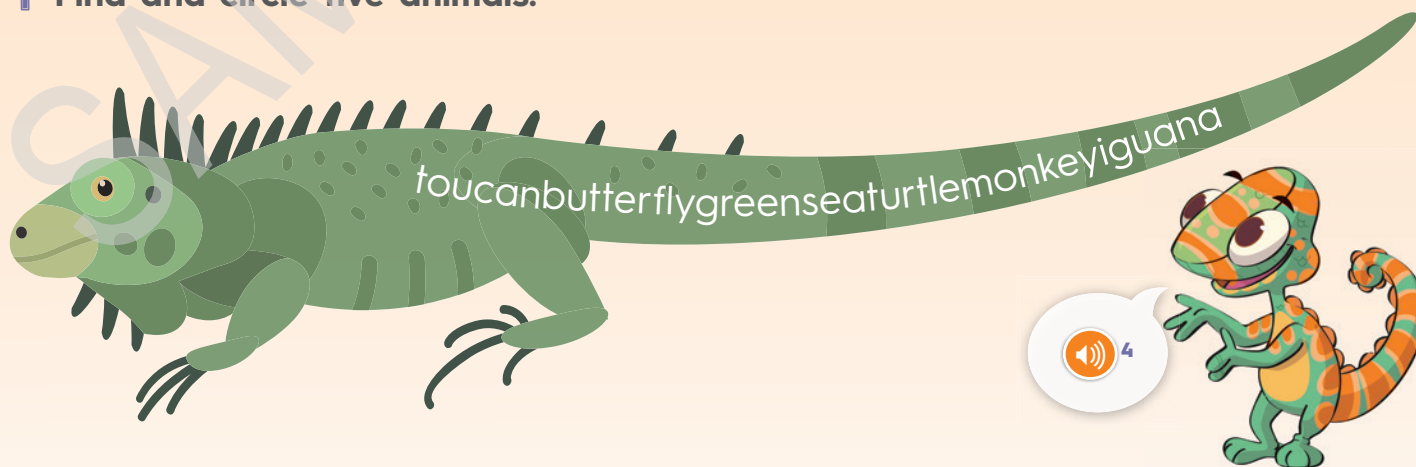
3. There are several trails for walking in the rain forest. You can explore the forest and discover different trees and animals. You can see native birds, monkeys, crocodiles and iguanas.

2. There are different types of turtles, one of them is the green sea turtle—the largest turtle in the world. Some of them weigh up to 130 kilos! These turtles nest in beaches inside the park, so you can watch baby turtles hatching!

4. The best way to explore the park is by boat or by kayak. You can rent them at your hotel.



## 4 Find and circle five animals.



4

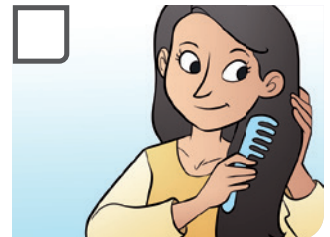
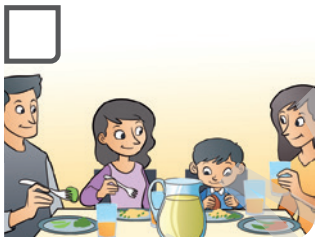


## Reading

### Read and number in order.

Alice, my sister, has a very interesting routine. She wakes up at 5 o'clock! Then she takes a shower and after that she brushes her teeth and combs her long hair. She doesn't have breakfast at home. She has breakfast at work, because she is a food critic. Every day, she goes to a different restaurant and has breakfast there. I think that is really cool!

Alice exercises after lunch. She runs in the park. In the evening, she has dinner with us. Mom and Dad cook dinner every day. Before I go to bed, my sister reads stories to me. We go to bed at 9 o'clock because we wake up early in the morning. Well, I don't wake up as early as she does!



### Read again and circle.

1. Alice runs **at home** / **in the park** after lunch.
2. **Mom and Dad** / **Alice and Ralph** cook dinner.
3. Alice has **dinner** / **breakfast** at home.
4. **Dad** / **Alice** reads stories to Ralph.
5. Alice and Ralph go to bed **early** / **late**.



## Listening

### 2 Listen and circle.

1. Jimmy is tired and sleepy.
2. He has a lot of healthy habits.
3. He needs to take medicine to feel better.
4. The doctor tells Jimmy how to stay healthy.

True	False
True	False
True	False
True	False



### Listen again and mark (✓).



1. He **wakes up** / **doesn't wake up** early on weekdays.

3. He **runs** / **walks** in the park on weekends.



2. He **has** / **doesn't have** a healthy breakfast every day.

4. He **goes to bed** / **watches TV** at 10 o'clock at night.

### Read again and circle.

### 3 Read and match.

1. What time do you wake up?
2. What do you do to stay healthy?
3. What do you eat for breakfast?
4. Do you have three meals a day?
5. What time do you go to bed?

At 9 o'clock in the evening.

I wake up early, at 7 o'clock.

I play soccer and I eat healthy food.

Yes. I have breakfast, lunch and dinner.

I eat fruit and eggs, and I drink milk.

### Talk about your habits.

## Speaking



## Read and circle six mistakes.

www.kidsblog.com

My friend Max has a special routine in Saturdays. He wakes up early at the morning. He wakes up on 7:30. Then he has breakfast with his parents and walks to the sports center with his mom. He takes swimming lessons. He loves swimming! At the afternoon, he plays outside with his friend Jacob. In the evening, he has dinner with his family. Then they all play board games. His mom makes sandwiches! In night, he brushes his teeth and goes to bed in 10:30. He loves Saturdays.



## Write the correct prepositions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Read and complete.

Use the time preposition...	Examples:
1. _____ + day of the week.	_____ Mondays
2. _____ + time / night.	_____ 4 o'clock _____ night
3. _____ + part of the day.	_____ the afternoon

## Read and complete using *in*, *on* or *at*.

1. \_\_\_\_\_ Saturdays, I wake up late.
2. I have breakfast \_\_\_\_\_ 9:30 \_\_\_\_\_ the morning.
3. \_\_\_\_\_ the afternoon, I usually go to the movies with my family.
4. \_\_\_\_\_ night, I brush my teeth before I go to bed.





**3 Write the final version of your text.**

My \_\_\_\_\_ has a special routine on \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

**Reflect**



**4 Read and circle.**

- |  |     |    |
|--|-----|----|
| 1. My text describes the routine of a friend or family member. | Yes | No |
| 2. I mention different times of day.                           | Yes | No |
| 3. I use prepositions of time correctly.                       | Yes | No |