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“Unit 4 Healthy: Healthy Habits”

Name: _____ **Date:** _____

Learning Outcome: To identify and interact with vocabulary related to healthy habits. (OA 09)
 (Una fotografía de la guía resuelta debe ser enviada antes del 6 de noviembre por medio de whatsapp al contacto +56962605080)

I. Write the phrases in their corresponding image. (2 points each)
 Escribe las frases en sus imágenes correspondientes. (2 puntos cada una)

eat a balanced diet | drink plenty of water | get stressed
 stay inside all the time | stay up late | take time to relax



STAY UP LATE











II. Complete the sentences with the words from the chart below. (2 points)
 Completa las oraciones con las palabras del cuadro de abajo. (2 puntos cada una)

breaks caffeine exercise food sleep time

1. Take regular *breaks* when you're studying.
2. Don't eat junk _____.
3. Don't spend a lot of _____ watching TV.
4. Do regular _____.
5. Try to _____ eight hours a night.
6. Don't drink a lot of _____.