Worksheet: School Life and Study Tips

Name: _____

📍 Part A – Vocabulary Match

Match each phrase to the correct definition. Write the letter next to the number.

Word/Phrase	Definition
1. ___ hydrate	A. a small meal between main meals
2. ___ snack	B. gently move and loosen muscles
3. ___ stretch	C. sleep or relax to restore energy
4. ___ nutrients	D. drink enough water
5. ___ rest	E. healthy substances in food

✍️ Part B – Grammar Practice

Complete the sentences with the correct form of the verb in the present simple.

1. My brother _____ (not eat) vegetables, but he drinks juice.
2. We _____ (go) for a walk every evening.
3. I _____ (drink) water during the day.
4. She _____ (exercise) twice a week.

📍 Part C – Adverbs and Modals

Complete each sentence with an adverb of frequency (*always, often, sometimes, rarely, never*) or a modal (*should, must, need to*).

1. You _____ drink more water during hot days.
2. I _____ eat fruit after lunch.
3. We _____ forget to bring a healthy snack.
4. You _____ stretch before exercising.
5. My sister _____ skips breakfast, which is not healthy.

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📝Part D Writing Task: My Healthy Habits
Write a short paragraph (6–8 sentences) about your healthy habits. Include:

- What do you eat?
- What exercises or routines do you do?
- What do you want to improve?
- Use at least two adverbs of frequency and one modal verb.

✏️ Your Paragraph:

_____

_____

_____

_____

_____

_____

_____

⭐ **Challenge Zone - Family Health Talk**
🎯 **Task:** This Week's Family Challenge: "What's One Healthy Change We Can Make?"

Instructions:

1. Talk to a parent or sibling about your family's eating habits or routines.
2. Ask: "What's one healthy change we could try this week?"
3. Write a short summary of your conversation.

✏️ **My Family Challenge Summary:**

This week, we decided to

_____

We hope this will help us

_____