

HABITS

Starter:

Rate the following habits from most to least annoying. Share with your classmates if you have any of these habits and how often you do them. Do you:

1. arrive late?
2. pick your nose?
3. chew your nails?
4. pop your knuckles?
5. eat with your mouth open?

Can you think of any good habits? Why are these good?

Health Habits Checklist

Directions: How often do you do these things? Put a checkmark on the chart.

How often do you...	Every day	Once a Week	Twice a Week	Once a Month	Once a year	Never
get a check-up?						
drink alcohol?						
exercise?						
smoke?						
get at least eight hours of sleep?						
eat fruits?						
eat vegetables?						
worry?						
take time to relax?						
eat sweets?						
eat fried foods?						



What changes do you need to make in your health habits?

HABITS

Vocabulary Exercise

Find the meaning of the words from the given choices.

have the habit of doing something **kick the habit** **routine** **way of life**

- a. to end a habit
- b. is considered to be what people normally do or have
- c. your usual way of doing things, especially when you do them in a fixed order at the same time
- d. something that you often do without intending to or without realizing that you are doing it, which can annoy other people

Gap Fill Exercise

Complete the sentences using the words learned.

1. Many people want to lose weight, maintain a healthy _____ and generally be more active.
2. Over 10 million smokers have succeeded in _____.
3. He _____ the annoying _____ of tapping the table when he is nervous.
4. A brisk walk is part of her morning _____.

Speaking

Wish list. What do you wish were different about these things?

my appearance

my job/school

my personality

Ex. I wish I were taller. I am very short.

Answer the following questions with information about yourself.

1. What kind of vacation you wish you could take?
2. What famous people do you wish you could meet?
3. Which country do you wish you could live in?
4. What kind of home do you wish you could have?
5. What languages do you wish you could speak?

Find out more about your classmates' wishes.