Healthy Habits

WORKSHEET

Günlük İngilizce Konuşma B1 · Ders 7

Name: _____ Class: _____ Date: _____

A Vocabulary

Complete the sentences with words from the box. There are two extra words. *(Cümleleri kutudaki kelimelerle tamamlayın. İki kelime fazladır.)*

work out • habit • junk food • stay up late • balanced diet • routine • night shift • cut out

1. I _____ at the gym three times a week, usually after work.
2. Smoking is a dangerous _____ that is very hard to break.
3. Burgers, crisps and fizzy drinks are all examples of _____ .
4. If you _____ watching series every night, you'll feel tired the next morning.
5. A _____ includes fruit, vegetables, protein and whole grains.
6. My morning _____ is simple: a glass of water, ten minutes of stretching and a big breakfast.

B Dialogue check

Read the dialogue again. Are the sentences true or false? *(Diyaloğu tekrar okuyun. Cümleler doğru mu, yanlış mı?)*

1. Murat used to love PE lessons at school. ( )
2. Murat gave up smoking when his daughter was born. ( )
3. Murat is used to getting up early now. ( )
4. Esra has been working night shifts for two years. ( )
5. Murat stopped having sugary drinks when he wanted to get in shape. ( )
6. Esra usually goes to bed early on her days off. ( )

C Grammar: used to / be used to

Choose the correct option. *(Doğru seçeneği işaretleyin.)*

1. I ____ play basketball, but now I prefer swimming.

   a) used to b) am used to c) use to

2. She’s a nurse, so she ____ working at night.

   a) used to b) is used to c) uses to

3. ____ you use to eat breakfast when you were a student?

   a) Were b) Do c) Did

4. We ____ eat so much sugar when we were children.

   a) didn’t use to b) weren’t used to c) don’t used to

5. It took me months to get used to ____ up at 6 a.m.

   a) wake b) waking c) woke

6. Living in Istanbul was hard at first, but now I ____ the traffic.

   a) use to b) used to c) am used to

D Word order

Put the words in the correct order to make sentences. *(Kelimeleri doğru sıraya koyarak cümle kurun.)*

1. *used / eat / junk / I / to / every / day. / food*

2. *She / at / isn’t / working / to / used / night.*

3. *you / use / to / smoke? / Did*

4. *made / It / difference. / a / big*

5. *used / my / getting / routine. / new / to / I’m*

6. *almost / you! / I / recognise / didn’t*