

# **Good and Bad Habits.**

- \* When do you usually get up?
- \* Is it easy or difficult for you to get up early?
- \* Do you follow a diet?
- \* Is your lifestyle regular or chaotic?
- \* What is your favourite food?
- \* Do you do morning exercises?



## Good habits

**dieting**

**eating high-  
fibre food**

**exercising**

**eating low-  
fat food**

**eating  
whole  
meal bread**



# Bad habits

eating  
too  
much

eating  
too little

drinking  
alcohol

physical  
inactivity

smoking

eating  
sweets

taking  
drugs



# Why does he look so unhealthy?

