

# Unit 2: Healthy habits

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Grade: 7th

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# Welcome to unit 2 😊

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- Today we'll see healthy habits: daily routines



Que se  
considera  
como rutina  
diaria?  
Las cosas que  
a menudo  
haces.

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# Recuerda que es importante tratar de llevar una vida sana

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- Sobre todo hoy , es importante la higiene personal y parte de tus hábitos saludables

- Wash your hands
- Take a shower
- Brush your teeth



# Daily routines

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Sleep 8 hours

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Take a shower

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Brush my teeth

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Drink water

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Do exercises

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Eat fruits and vegetables

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Do my homework



# vocabulary

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- Sleep 8 hours: dormir 8 horas
- Take a shower: ducharte
- Have breakfast: tomar desayuno
- Drink water: beber agua
- Do exercises: hacer ejercicios
- Do my homework: hacer mis tareas
- Eat fruits and vegetables: comer frutas y vegetales.
- Go to school: ir al colegio

