



# *Chapter 6*

## **THE GOOD AND BAD HABIT**

**Match the pictures with the correct words.**



No smoking!

Let's eat fish!

Keep your  
teeth clean!

Save the  
water!

Stay  
hydrate!

Reduce,  
Reuse,  
Recycle

Do not litter!

Wash your  
hand often!

Do exercise  
everyday!

Cover your  
sneeze with  
your elbow!

Do physical  
distancing!

Wash your  
dish!

Save the  
tree!

Put your  
mask on!

Eat healthy  
meal!

## Answer the questions based on the text correctly.



My name is Ali. I am ten years old. My mother always cooks healthy foods for me and my family. There is always vegetables in every meal. I like carrot very much. We usually eat rice, but sometimes we eat bread or some kinds of roots like cassava and sweet potato. For the side dish, we usually eat fish, poultry, or meat. I love fish very much. Those healthy foods are very nutritious. That is why they are good for our body.

Every morning, we do exercise together for about ten minutes. Every Sunday, we do exercise outside. We take a walk not too far from home for about thirty minutes. I love walking outside with my family. Doing exercise routinely is a good habit and can keep our body healthy.

### Questions:

1. What vegetable does Ali like?

.....

2. What do Ali and his family eat when they do not eat rice?

.....

3. What kinds of food that Ali and his family eat for the side dish?

.....

4. What side dish does Ali like?

.....

5. Does doing exercise routinely keep our body healthy?

.....



# Make the dialogues based on the given hints as in the examples.

## Example:

a. Flu >> go to see doctor

Vivi : What is the matter?

Nami : I have got a flu.

Vivi : You should go to see doctor.



b. Hungry >> eat something

Rufi : What is wrong with you?

Usop : I am hungry.

Rufi : You should eat something.



1. Sore aches >> go massage

Vizka : .....

Kai : .....

Vizka : .....



2. Sleepy >> go to sleep

Sisil : .....

Ari : .....

Sisil : .....



3. Hair loss >> use hair tonic

Jun : .....

Jin : .....

Jun : .....



4. Bad grades >> study more diligently

Kiko : .....

Jay : .....

Kiko : .....



5. Bad vision >> use eye glasses

Tata : .....

Nano : .....

Tata : .....



**Answer the questions based on the text correctly.**



Donnie is a neat and clean boy. He likes to clean and tidy up his room. Everything in his room is always in its position. He always makes sure that his room is clean. He sweeps the floor everyday. He also mops the floor after that. Every time he arrives at home, he does not forget to wash his hands directly. He washes his hands using soap. Even though, Donnie always washes his hands, he does not use too much water. He uses water sufficiently. After he washes his hands, he changes his clothes. He separates the clothes he wears from outside and the clothes he wears at home. Especially, it is a pandemic era. Donnie believes that clean environment is good for health. Keeping everything neat and clean are good habit and it can bring a healthy environment.

**Question:**

1. What does Donnie do to make his room clean?

.....

2. What does Donnie do when he arrive at home from outside?

.....

3. What does Donnie use to wash his hands?

.....

4. Does Donnie use too much water to wash his hands?

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5. What does Donnie do after he washes his hands?

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