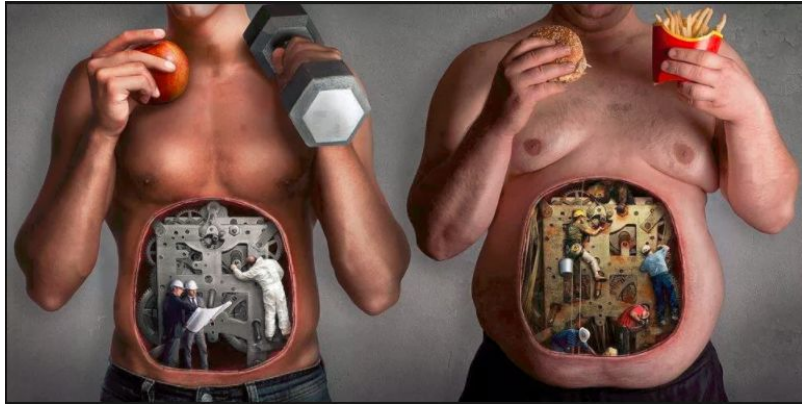


# GOOD AND BAD HABITS

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Pre-Intermediate

Which picture motivates you to lead a healthy lifestyle the most and why?



# Decide whether these are good or bad habits:

**Good  
habits**



**Bad  
habits**

Do exercises/ jogging

Smoking

Eat junk food

Sleep 7-8 hours

Drink alcohol

Eat healthy food

Take a cold shower

Physical inactivity

Drink water

Taking drugs

What other habits can you think of?

# Used to / to be (get) used to

Used to + Infinitive	Be (get) Used to + verb/ing OR + noun
When we talk about some repeated action in the past that no longer happen	When be accustomed (start being accustomed) to doing something
I <b>used to</b> <u>get up</u> at 7 when I was at school.	I <b>am used to</b> <u>living</u> in a big city.
He <b>used to</b> <u>have</u> his dinner late at night, but he doesn't anymore.	You <b>will get used to</b> your new <u>classmates</u> soon.

only <b>Past</b>	Past	<b>was</b> (were) / <b>got</b>
	Present	<b>am</b> (is / are) / <b>get</b>
	Future	<b>will</b> / <b>will get</b>

Build up sentences, using one of the construction above:

read a lot of books  
go out with my friends each Friday

smoke a lot  
play games

# Chat/Practice:

- **Student A**: Hi! Look, I think I'm ready to lead a healthy lifestyle. I **used to** smoke, but I quit 2 months ago. What might be the next step?
- **Student B**: Hey! Well, I think, now you should try some physical activity. When you **get used to doing** morning exercises or jogging, it would be easier for you to start your working day.

