

# True or false?



## ROUTINE

**Decide if these sentences are  
True or False**



**True                      False**

- |  |       |       |
|--|-------|-------|
| 1. It is better to sleep late.   | _____ | _____ |
| 2. It's healthy to NOT eat breakfast.  | _____ | _____ |
| 3. We must brush our teeth twice a day.  | _____ | _____ |
| 4. We must shower every day.   | _____ | _____ |
| 5. We must NOT eat late at night.  | _____ | _____ |
| 6. We should sleep 12 hours every day.   | _____ | _____ |
| 7. It's better to be early than to be late.  | _____ | _____ |
| 8. It is fun to play video games at night.   | _____ | _____ |
| 9. It's better to play games at night and do your homework in the morning before school. | _____ | _____ |
| 10. Work hard now and you will be happy later.   | _____ | _____ |
| 11. If you are very busy then fast food is a good choice.                                | _____ | _____ |
| 12. It's healthy to go to bed early and wake up early.                                   | _____ | _____ |