


Name and Surname

Date.....



1. Read the article and answer the questions:

Reading comprehension.

	<p>My name is Mary and I am an architect. I get up every morning and have cereal for breakfast. I also have a can of coke. I drink too much coke but I really like it. For lunch I have a sandwich but I also eat a lot of fruits. I don't do enough exercise but I try to run once a week. For dinner I usually have pasta or salad. My brother is called Tim and he works in an office. He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does a lot of exercise and goes to the gym every day but he eats too many cakes. He works very hard and sometimes just has a sandwich for dinner. I don't think he gets enough sleep.</p>
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A. Reading comprehension:

1. What does Mary eat in the morning?

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2. Who doesn't drink anything in the morning?

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3. Who likes eating sandwiches?

4. Who trains a lot?

5. Who enjoys drinking soda/pop?

B. Writing about healthy habits:

Write about Mary and Tim. In your opinion, which things does Mary do better than Tim to have a healthy life? and Which ones does Tim?

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C. Write some pieces of advice to Mary and Tim to have a healthier life:

You can use should or shouldn't.

Ex: Mary should drink more water.

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2. Complete the vocabulary:

Stew, Meatballs, Rice, Oatmeal, Pizza, Caesar Salad, Stir, Coffee, Tuna Sandwich, Roll up, Yorkshire pudding, Scones, Dice, Salmon, Roast Beef, Grill, Trifle, Milk, Stuffed tomatoes, Chop, Ice-cream, English Club Sandwich, Toast, Pancakes, Roast, Tiger Prawns, Fry, Gammon Steak, Yoghourt, Cereals, Steam, Bacon, Muffin, Cookies, Scrumble eggs.				
BREAKFAST	LUNCH/DINNER	SNACK	DESSERT	VERBS

Stew, Meatballs, Rice, Oatmeal, Pizza, Caesar Salad, Stir, Coffee, Tuna Sandwich, Roll up, Yorkshire pudding, Scones, Dice, Salmon, Roast Beef, Grill, Trifle, Milk, Stuffed tomatoes, Chop, Ice-cream, English Club Sandwich, Toast, Pancakes, Roast, Tiger Prawns, Fry, Gammon Steak, Yoghourt, Cereals, Steam, Bacon, Muffin, Cookies, Scrumble eggs.

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