



Ficha Interactiva: Reading Comprehension

GRADO: 1° SECUNDARIA

ÁREA: INGLÉS

Reading Comprehension. Read and complete the sentences.



Do you want to feel good?

YOU SHOULD:

- have a balanced diet with lots of fresh fruit and vegetables.
- drink lots of water.
- exercise for about half an hour a day three to four times a week. Maybe even take up a sport!
- have a lot of light in your house.
- take a warm shower before you go to bed. It relaxes you and you can sleep better.
- sleep on a comfortable bed for about 7-8 hours a night.

YOU SHOULDN'T:

- eat a lot of unhealthy food or forget to have your main meals.
- drink lots of soft drinks or coffee.
- do lots of difficult exercises because you will feel tired.
- live in a house without a lot of light.
- eat a lot of food before you go to bed. Never go to bed on a full stomach.
- work long hours or forget to sleep 7-8 hours a night.

Choose the correct option: a, b or c.

- Exercising for about _____ minutes a day three to four times a week, helps you feel good.
a. 30 b. 40 c. 60
- Drinking a lot of _____ is bad for you.
a. water b. soft drinks and coffee c. juice
- You should have a balanced _____ and drink _____.
a. diet / lots of water b. fat / lots of water c. a diet / lots of chocolate
- You shouldn't _____ lots of _____ food.
a. eat / healthy food b. drink / unhealthy food c. eat / unhealthy food

TOO / ENOUGH; ONE / ONES

Activity

Choose the correct option: a, b or c.

1. It's _____ noisy in hear. I can't study.
a. too b. enough c. can't stand



2. This laptop isn't cheap _____. I can't buy it!
a. very b. enough c. too



3. Joe can't travel to New York tomorrow. He's _____ tired.
a. enough b. ago c. too



4. My cell phone is _____ old. I need to buy a new one!
a. too b. ago c. enough



5. What coat is yours? The black _____.
a. two b. one c. ones



6. Sue always wears big sunglasses like these _____.
a. one b. see c. ones



7. All songs on this CD are great, but the last _____ is fantastic!
a. one b. day c. before

