



Reading Practice N°1

Apellidos y Nombres: _____ Date: _____
Grade: IV° Section: " " Level: Intermediate Plus 2 Teacher: _____

COMPETENCE: Read diverse kinds of English texts as a foreign language.

CAPACITY: Get information from written texts.

ACHIEVEMENT CRITERION: Identify explicit and complementary information integrating data to solve some exercises of reading comprehension.

NIVEL DE
LOGRO

- I. Read the article about health and lifestyle. The headings have been removed from the article. Choose the best headings (A–E) to complete the article.

Why are we not more healthy?

1.

In this second decade of the 21st century, with so many advances in medicine and technology, we would expect statistics to tell us people are living much longer than previous generations did in the past. However, if experts are correct, research in fact predicts that the next generation will live nowhere near as long as their parents. This seems counter-intuitive: why are we becoming less healthy in an age when medical science implies we should be becoming more healthy?

2.

It is certainly not because of a lack of awareness of the benefits of fitness and sport. More people go to sports centres than ever before, jog and run regularly, or use equipment to exercise in their own homes. Yoga and martial arts classes are the most popular they have ever been and large numbers of people are now taking part in sponsored fitness events such as marathons and cycle runs. It's also not down to a lack of information about nutrition. You can read advice on diet and healthy eating in every magazine, and whole TV programmes are now dedicated to the subject of what we should or shouldn't eat. So, where exactly are we going wrong?

3.

The painful truth is that the small changes in diet and the amount of physical activity we do are simply not enough to compensate for the huge changes in lifestyle in our society in the last fifty years. Whereas a few decades ago most people had to walk if they wanted to get anywhere, these days the majority of us drive, take the train or even hire a taxi to make even the shortest journeys. At work and school, we are generally sitting all day long, usually working at computer screens which scientists have discovered can be extremely bad for our health. Many office workers nowadays even email people in the same office, rather than walking across the room to talk to them!

4.

Another factor affecting long-term health is the growing consumption of fast food and ready meals. Despite the information available about the risks of eating fast food, many people continue to do so for convenience. They eat it because it's quick, cheap and easy and because they simply don't have enough time to shop for, prepare and cook fresh food themselves because they work such long hours. Unfortunately while all of these foods are full of ingredients that are tasty and satisfying, such as salt and sugar, these are not things which are good for our overall health.

5.

So is there anything we can do to improve things for our children and their future health? Experts say that there are some simple changes that can be made. Designers have developed standing desks and even desks attached to exercise bikes to minimise the amount of time people are sitting and inactive. Walking for just 30 minutes per day has also been shown to bring vast improvements to health, so leaving the car at home as much as possible is definitely a good idea. More than anything though we need to take a good look at the world of work and find ways to achieve a better life/work balance for the majority of people. Only by creating more time for leisure and non-work-related activities can we make room for the quality of people's lives to really improve.

- A Sitting – a hidden threat to health
- B A surprising prediction for the future
- C Changes that can really help
- D Information is available to all
- E Fast food fears

II. Read the article again. Are these statements True (T), False (F) or is the information Not Mentioned (NM)?

- | | |
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| 1 Researchers believe our children will die at a younger age than us. | T / F / NM |
| 2 People already have access to a wealth of information about exercise and diet. | T / F / NM |
| 3 Sitting for long periods is good for concentration. | T / F / NM |
| 4 Eating the wrong food is a problem of laziness. | T / F / NM |
| 5 Finding ways to be active while sitting can help. | T / F / NM |
| 6 Most people already have a good balance between work and leisure. | T / F / NM |
| 7 Even a small increase in physical activity has positive results for your health. | T / F / NM |