



Spotlight 9

Reading Task 9705

1. Read the text and match the titles to the paragraphs of the text. One title is extra.

1. AVOID BAD HABITS
2. EDUCATION FORMS HABITS
3. HEALTH DEPENDS ON HABITS
4. HABITS HELP TO BRING UP CHILDREN
5. HABITS VARY GREATLY
6. DEVELOP GOOD HABITS

- A.** "Early to bed and early to rise makes a man healthy, wealthy and wise". Rising early is a good habit. A habit means repetition of the same action in similar circumstances. All people have habits. They are of different kinds. Drinking water, having breakfast, lunch and dinner and sleeping at night are habits based on instinct. A person has no control over thirst, hunger and sleep. They are therefore inborn habits. There are other habits acquired like brushing your teeth, taking a bath, wearing clothes, combing your hair etc., which help a man to look neat and healthy. A walk in the morning is a good habit for people.
- B.** The needs of society develop in people some good habits. A person is a social "animal" and one cannot live in isolation. Respecting elders, wishing "Good morning", "Good evening" and "Good night" are good habits. Serving the cause of the poor and needy, and respecting the social laws like observing a queue are good habits. Listening to music and reading books are good habits, which help a person to spend a peaceful life. Going to a temple or offering daily prayers are habits, which serve the needs of the soul.
- C.** Education is based on the principle of habit formation. Repetition makes learning easy. Learning a language, i.e. speaking, reading and writing, is based on habit. Similarly, education helps in the development of good habits like punctuality, attention, concentration, cooperation, discipline, etc. Good habits lead to good manners. Good manners give us good friends; good friends mean good environment; good environment leads to a happy and peaceful life.
- D.** As there are good habits, there are bad habits too. We acquire them both from our friends and from the society in which we live. Smoking, drinking alcohol, drugging, telling lies, teasing the weak may all be considered as bad habits. Habits are easy to acquire but difficult to give up. So, it is better not to acquire a bad habit than try to get rid of it later.
- E.** If you make time for healthy habits, you'll find yourself with extra reserves of energy that will lower your stress and help you to get through life's challenges. Here are a few things you can start doing right now to make healthy habits a relatively painless part of your routine. Drink water throughout the day. It's great for your skin, your digestive system, and weight loss. Cut back on the amount of soda and coffee you drink. Sugar and caffeine dehydrate you and create energy rushes followed by crashes which are ultimately energy-depleting. Physical activities are the most important. Physical activities add joy and activeness to your day-to-day life.

A	B	C	D	E

2. Read the text again and mark the statements

True (1), False (2), Not Stated (3).

- A. Habits rule our life.
- B. What is a good habit for some people is bad for others.
- C. If an action turns into a habit it's a bad sign.
- D. The majority of people have bad habits.
- E. Learning can never become a habit.
- F. All educated people have good manners and habits.
- G. A healthy habit is a habit that other people admire.
- H. Healthy habits help to keep fit.

A	B	C	D	E	F	G	H