

Directions: Read the passage and answer the questions.

A Healthy lifestyle



The Thomson family has been trying to eat healthy meals for a very long time, but found it difficult to keep it up. Mr and Mrs Thomson work long hours at the hospital, and feel exhausted when they arrive home. They also have three young

children who needed a lot of care. David is eight years old, their daughter Ann is six and the baby is one. It is difficult for the family to cook healthy meals every day. For months, Mrs Thomson has been ordering food during the week, which is delivered after they arrive from work. This is a bad routine, and the Thomson's know this fact very well and have started to worry that their children will get so used to eating fast food; it will be difficult for them to change this habit. For the past two weeks, they have been eating healthy homemade meals and feel very excited about it.

ใบงานที่ 3 เรื่อง A Healthy lifestyle

Directions: Read the passage 'A Healthy lifestyle' and answer the following questions.

1. How many members are there in the Thomson family?

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2. How many children do Mr. and Mrs. Thomson have?

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3. How old is the youngest children?

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4. Where does Mr. and Mrs. Thomson work?

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5. Does the Thomson family eat healthy meals?

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6. Why Mrs. Thomson has been ordering food during the week?

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7. Is it good or bad to order food during the week?

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8. Are they worried about their bad eating habits?

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9. Why do they want to change their eating habit?

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10. What food have they been eating for the past two weeks?