



Name:

Class:

Date:

Check your understanding: True or False

Choose the correct answer.

- | | | |
|---|------|-------|
| 1. The Pomodoro Technique was invented in the 1980s. | True | False |
| 2. Students and workers can use the technique. | True | False |
| 3. The technique is a bit complicated to use. | True | False |
| 4. You need to break down your tasks into smaller sections. | True | False |
| 5. Each break is called a 'pomodoro'. | True | False |
| 6. Peter uses an app on his mobile to time himself. | True | False |
| 7. After four or five short breaks you can have a longer break. | True | False |
| 8. Peter takes less time to do his homework these days. | True | False |

Check your understanding: gap fill

Complete the following passage with no more than three words.

The Pomodoro Technique is designed to help people work effectively and avoid wasting
1. _____ It helps you to get the maximum 2. _____ in the time you have.
First you have to break down 3. _____ into steps. Then you use a 4. _____
to organise your time into intensive work and 5. _____. You write a list of the things
you need to do, set the timer to twenty-five minutes and start working on 6. _____
on your list. When the timer goes off you stop work for 7. _____ minutes. Then
you repeat these steps four or five times, ticking off items on 8. _____ as you finish
them. After a few short breaks you can take a longer break.

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