

READING

Email to a Friend

Subject: My New Lifestyle at University

Hi Laura,

How are you? I hope everything is going well. I want to tell you about the changes in my lifestyle since I started university.

I **wake up** earlier now, around 6:30 a.m., because I **have classes** at 8:00 a.m. every day. I usually **take the bus** to the university, but sometimes I **walk** when the weather is nice. I **study** more than before, and I **spend** a lot of time in the library. Right now, I **am working** on a group project with my classmates.

I also **eat** healthier food. I **don't eat** fast food every day like before. I **am drinking** more water and **trying** to cook simple meals at home. It's not easy, but I **am learning**!

In the evenings, I **go to the gym** or **take a walk** in the park. This helps me relax after a long day. On weekends, I usually **visit** my family or **hang out** with friends.

How about you? **Are you doing** anything new these days?

Write soon!

Love,
Carlos

Multiple Choice Questions (Choose the correct answer)

1. What time does Carlos usually wake up?
2. How does Carlos usually go to the university?
3. What is Carlos doing right now?

4. What kind of food does Carlos eat now?

True or False Questions

1. Carlos has classes at 9:00 a.m. every day.
2. He is trying to cook meals at home.
3. Carlos goes to the gym in the morning.
4. On weekends, he sometimes visits his family.