3. Guided Cloze 3

Read the following passages and choose the correct option that best fits each of the numbered blanks.

My New Healthy Life

Dear Mom,

I am writing to tell you about my new life at boarding school. I am very happy here. Every day, I try to build healthy habits to keep _____(1).

I wake up early at six o'clock. My friends and I _____(2) to school every morning. The campus has a lot of trees and fresh air. At noon, I eat lunch at the cafeteria. The school serves very good food. I often eat _____(3). It is made from _____(4) and is very healthy. I do not drink soft drinks. In the afternoon, I play basketball or badminton. Being _____(5) helps me study better. At night, I always _____(6) and go to bed before ten o'clock. I get eight hours of sleep daily.

I feel strong and healthy. I hope you and Dad are well.

Love,

Nam

1.	a) fit	b) dirty	c) tired	d) chapped
2.	a) sleep	b) affect	c) avoid	d) walk
3.	a) tofu	b) fast food	c) sweetened food	d) french fries
4.	a) fruit	b) green tea	c) soybeans	d) soft drinks
5.	a) dirty	b) chapped	c) tired	d) active
6.	a) put on weight	b) brush my teeth	c) stay up late	d) get sunburn

LIVEWORKSHEETS