

Name:

Class:

Read the text and answer questions 1 to 10.

L5-3-1

Everything in Moderation

Alice received a tablet for her 13th birthday. She was very happy with the gift as she had been wanting a tablet for quite some time. Her parents had promised to buy her the tablet if she had done well in her exams which she did. She thanked her parents happily for the tablet.

Every day after she had finished doing her homework, Alice would use her tablet. She would watch videos, play games, chat with her friends, check her social media, and others. She would spend at least three hours daily on the tablet.

One evening her mother asked her if she would like to go jogging with her at the park. Before Alice got the tablet she would often go jogging with her mother. However after getting the tablet she hardly went. She said she was busy watching an interesting video.

"It's not healthy to spend all your time on the tablet. You need to exercise too," her mother advised her.

Alice promised to go jogging with her mother the next day. However she did not want to follow her mother the next day too. She said she was too busy playing a game. Alice promised she will follow her the following day.

The following day Alice got a headache while using the tablet. She told her mother about it. Her mother said that she read this could be an effect of using the tablet too much. If she continued using the tablet a lot she might get strained, dry eyes and blurred vision. Alice began to feel worried.

That day Alice put her tablet away and decided to go jogging with her mother. They jogged around the park for about an hour. After the jog Alice realised her headache had cleared up. She regretted not listening to her mother earlier.

After that day, Alice would limit her usage of the tablet. Apart from going jogging with her mother, she would also play badminton with her sister. Alice felt healthier and no longer suffered from headaches.

Questions 1 – 8

Answer the questions below. Choose **no more than three words and/or a number** from the text for each answer. For each question, write your answer in the space provided on your answer sheet.

1. Alice received a tablet for her _____.
2. Alice _____ happily for her gift.
3. Every day after finishing her homework, Alice would _____.
4. Alice would spend at least _____ on her tablet.
5. After getting the tablet Alice hardly _____ with her mother.
6. Alice's mother told her it was _____ for her to be spending all her time on the tablet.
7. Alice _____ because she was using her tablet too much.
8. Alice and her mother jogged _____ for an hour.

Questions 9 and 10

Complete the table below with a **word** from the text. For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
9. to tell somebody what you think they should do in a particular situation	
10. how much something is used	