

### **Reading Comprehension**

**Read the following dialogue carefully**

*The bell rings for lunch and the girls gather for lunch*

CAROL: (pointing at Rita's lunch) Ugh! Why are you eating carrot sticks? Are you on a diet or something?

RITA: No, I'm not. I have decided to alter my eating habits. My aunt and I watched a very informative documentary on CBC about the rise in obesity, diabetes and high blood pressure in children and I don't plan on becoming one of those cases.

CAROL: But how can children have diabetes and high blood pressure? Only grown-ups get that.

RITA: That's where you are wrong my friend. We eat lots of fried foods instead of fruits and vegetables and drink carbonated drinks instead of water. All of these interfere with the natural function of our growing bodies.

CAROL: I never knew that! I love fried foods.

RITA: It shows! Apart from eating fresh fruits and vegetables, you also need to stop playing so many video games and go outside to skip and run around some more. Physical activities and exercise are very vital to overall good health.

CAROL: Are you saying that I'm fat? I'm just a bit chubby.

RITA: Please don't get offended, I didn't mean to hurt your feelings; I'm telling you this for your own good. I'm just saying that you need to be more active. We both do. According to the scientific research children who have poor eating habits and are not very active are more likely to be overweight or obese, develop diabetes, high

blood pressure and heart disease and to have strokes and heart attacks. I don't want that for either of us.

CAROL: Well, at least I can say that I do drink water. I especially like the cranwater and that fizzy one that comes in many different flavours.

RITA: All of those have additives and calories which may not be healthy for you

RITA: Water from the tap is the best thing to drink. It does not contain the flavouring and additives like those other drinks, and to top it all off; it's absolutely free. Think of how much money you will save.

CAROL: (groans loudly) So no fried foods, no fizzy drinks. Lots of exercise, water and healthy yucky stuff.... Is there anything that you can suggest that won't be so terrible?

RITA: Let's go ride our bikes around the neighbourhood after school today. It'll be fun and a way to exercise.

CAROL: (smiling) Sure. That sounds very do-able....Maybe this change in habit won't be so hard after all.

Read each question carefully and write the correct CAPITAL LETTER in the space provided

1. Where were the children most likely to be having this conversation?
  - A. At school
  - B. In the library
  - C. In the neighbourhood
  - D. At the beach

2. How did Rita get her new-found information?
  - A. She researched it on the internet.
  - B. She read a magazine article
  - C. She listened to the news on the radio
  - D. She watched a documentary on television
  
3. According to the dialogue, a healthy lifestyle includes all of the following EXCEPT?
  - A. Eating fresh fruits
  - B. Drinking lots of water
  - C. Getting lots of exercises
  - D. Playing video games
  
4. What is another word for 'alter' as used in line 3?
  - A. Approve
  - B. Fix
  - C. Change
  - D. Try
  
5. From what is said in the dialogue, Rita seems to be
  - A. Well-informed
  - B. Friendly
  - C. Kind
  - D. Critical
  
6. Which of the following statements is TRUE?
  - A. Carrots and other healthy foods are for adults only.
  - B. Cranwater has no additive.
  - C. Exercise is very important to good health.
  - D. Only adults get diabetes and high blood pressure

7. According to the dialogue, which of these is NOT a benefit of tap water.

- A. It is free
- B. It is flavoured
- C. It is healthy
- D. It has no calories

8. The MOST SUITABLE title for the dialogue is:

- A. Children and Junk Food
- B. Healthy Lifestyle for Kids
- C. The Documentary
- D. Childhood Diseases