PBD ASSESSMENT READING SKILL

NAME: CLASS:

Read the passage below and copy it in your exercise book

OVERWEIGHT CHILDREN

Recent studies in many countries show that many children are overweight. These obese children will most likely become obese adults suffering from ailments such as, diabetes and heart disease.

One main reason for the increasing number of fat children is that schools have cut down on physical education classes.

To overcome this matter, parents must step in and make sure that their children are getting enough physical exercise. Exercising with their children is a great way for parents to spend quality time with them and improve their health.

There are three fun play activities parents can do with their children. Parents can go strolling or jogging with the children. This is one of the most convenient workouts. For those with babies, they can push them in a jogger.

Playing basketball with children is also a good workout. They can play one-on-one and keep score. Children get thrilled if they can beat their parents.. Frequent basketball game with their children will get them into shape.

Another enjoyable way of trimming the children is by taking them to the track. Not only enjoying every moment together, they will also be burning all their unwanted fats.

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LIVEWORKSHEETS

ACTIVITY 1– True or False

Based on the text, identify the true or false statements.

STATEMENTS	TRUE OR FALSE
1. Recent studies in many countries show that many children are underweight.	_____
2. Obese children will not become obese adults.	_____
3. One main reason for obesity in children is that schools have reduced the physical education classes.	_____
4. Children will be thrilled if they can beat their parents in a basketball game.	_____
5. Another way of trimming children is to take them to the shopping complex.	_____

ACTIVITY 2 – LOCATING THE CONTENT

Read and understand the passage. Then, choose the right answers for the questions below.

1. Paragraph one is about

   a) Studies had shown that many children are underweight.
   b) Studies had shown that many children are overweight.
   c) Studies had shown that children do not face weight problem.

2. Paragraph 2 is about

   a) A main reason for the increasing number of fat children is because schools have reduced physical exercise.
   b) A main reason for the decreasing number of fat children is because schools have reduced physical exercise.
   c) A main reason for the increasing number of fat children is because schools have longer time for physical exercise.

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3. In paragraph 2, how do parents make sure that the children will be getting enough physical exercise?

    a) Parents should exercise with the teachers
    b) Parents should exercise with each other
    c) Parents should exercise with the children

4. In paragraph 3, what is the fun activity that parents can do with the children?

    a. horse riding
    b. strolling or jogging
    c. collecting stamps

5. In paragraph 4, what is the fun activity mentioned?

    a. playing basketball
    b. strolling or jogging
    c. swimming

6. In paragraph 6, the fun activity is……

    a. strolling or jogging
    b. playing basketball
    c. taking the children to the track

7. In Paragraph 7, besides being able to have fun together, parents and children will also be able to……

    a. burn their unwanted fat
    b. burn their pocket money
    c. burn their energy

8. Do you think exercising is important? Give reasons for your answers.

LIVEWORKSHEETS