READING

Read the passage. Then complete the sentences in the chart.

There are many types of exercises that a person can do to stay healthy. Jogging is one form of exercise. It is not an expensive activity when compared to going to a gym. To join a gym, you have to pay membership fees. The only expense when you take up jogging is having to buy a good pair of running shoes.

Jogging is good for the heart as it helps to keep the heart and heart muscles strong. This form of exercise also improves blood circulation. It helps to strengthen our muscles especially the leg muscles. It helps people who are overweight to lose weight and build muscle strength.

The best place to jog would be at a park or where there is a lot of greenery. When we jog, we are out in the open with nature and this is good for the mind. The air is fresh and we can enjoy the natural environment. In a gym, you are in a confined environment.

Do not go jogging along highways and places where there is a lot of traffic. This can be dangerous and unhealthy as the air is polluted.

Jogging is a form (1) _____.

Benefits of jogging

- not an (2) _____
- good for (3) _____
- improves (4) _____
- helps to strengthen (5) _____
- helps people who are (6) _____
- good for the (7) _____
- gets (8) _____ air in the outdoors

Where to jog

- at the (9) _____ or where there is (10) _____ _____

Where not to jog

- (11) _____ and places where there is a (12) _____ _____

Learning Standard	3.1.2 Understand specific details and information in simple longer texts on a range of familiar topics	/12
Performance Level	Very limited · Limited · Satisfactory · Good · Very good · Excellent	

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LIVEWORKSHEETS

READING

A *Read the e-mail. Then answer the questions.*

Inbox | Notepad | Calendar

Compose | Send | Save as Draft | Cancel

Inbox (55)
Drafts (47)
Sent
Spam (1) [Empty]
Trash [Empty]

My Folders [Edit]
Junk

To Rashid 123@yahoo.com

Subject Ronnie@345yahoo.com

Subject PC Fair at Putra World Trade Centre

Hi, Ronnie, I received your message yesterday asking me to tell you about my visit to the PC fair at the Putra World Trade Centre. For your information, the event was held for a week from the 12th of May to the 19th of May. On the day that I went, there was a large crowd of people interested in buying computers and computer accessories. There were many activities as well such as a Computer Exhibition, a few quizzes and a Young Scientist competition. These attracted many visitors to the fair. Many companies were also giving away MP3s and pen drives for free. I participated in a survey and answered a questionnaire on the importance of the Internet in daily life. I have attached a copy of the questionnaire for you to complete and submit to the company carrying out the survey. Since you are interested in buying a laptop, there will be another PC Fair in November at the same place. I hope you will be able to visit that one.

Bye
Rashid

1. Who wrote this e-mail?

   _____

2. Who received this e-mail?

   _____

3. What is this e-mail about?

   _____

4. When was the fair held?

   _____

5. State two activities held at the fair.

   _____

B *State whether the following statements are true (T) or false (F).*

1. The PC Fair was held at the Putra World Trade Centre. ( )
2. There were not many people at the fair. ( )
3. Rashid had to buy a pen drive. ( )
4. Ronnie received a questionnaire from Rashid. ( )
5. We can say from the e-mail that Ronnie is not interested in computers. ( )

LIVEWORKSHEETS