

Reading activity

My lifestyle

By Luke Wilson

I love watching TV and reading comics. I don't often go out, but my friends often watch DVDs in the evening with me.



Mom says I should work out at the gym, and I shouldn't spend all my time in front of a screen. But I don't want to change. Anyway, I have a lot of interests. My favorite thing is my laptop. I love chatting online with people from different countries. I also like downloading music and videos.

I love all kinds of sports, especially biking. I watch it on TV, and I'm a fan of the Tour de France. Of course, I never ride a bike because I hate exercising.

My sister loves sports, and I think that one active person in the family is enough. She does martial arts and jogs, and on weekends, she goes hiking with her friends in the mountains. She's very kind, and she sometimes asks me to go with them, but I don't like walking.

Mom says I have an unhealthy diet because I eat a lot of chocolate and cakes. But I never feel sick, so what's the problem? She says I should eat more vegetables. Well, I eat French fries. Are they healthy?

I know my lifestyle isn't very healthy, but I'm happy.

Read Luke's homework again. Choose the correct answers.

- 1 Luke often ... with his friends.
a goes out
b reads comics
 c watches DVDs
- 2 Luke likes chatting to people ...
a in different countries.
b at the gym.
c on his cell phone.
- 3 Luke's sister loves ...
a biking.
b reading comics.
c hiking.
- 4 Luke thinks that his sister ...
a is kind.
b has a diet problem.
c is unhealthy.
- 5 Luke doesn't eat a lot of ...
a cake.
b vegetables.
c chocolate.
- 6 Luke is ... person.
a an active
b a happy
c a healthy