



Ficha Interactiva: Reading Comprehension

GRADO: 1º SECUNDARIA

ÁREA: INGLÉS

Reading Comprehension. Read and complete the sentences.



Do you want to feel good?

YOU SHOULD:

- have a balanced diet with lots of fresh fruit and vegetables.
- drink lots of water.
- exercise for about half an hour a day three to four times a week. Maybe even take up a sport!
- have a lot of light in your house.
- take a warm shower before you go to bed. It relaxes you and you can sleep better.
- sleep on a comfortable bed for about 7-8 hours a night.

YOU SHOULDN'T:

- eat a lot of unhealthy food or forget to have your main meals.
- drink lots of soft drinks or coffee.
- do lots of difficult exercises because you will feel tired.
- live in a house without a lot of light.
- eat a lot of food before you go to bed. Never go to bed on a full stomach.
- work long hours or forget to sleep 7-8 hours a night.

Choose the correct option: a, b or c.



TOO / ENOUGH; ONE / ONES

Activity

Choose the correct option: a, b or c.

1. It's _____ noisy in here. I can't study.

- a. too
- b. enough
- c. can't stand



2. This laptop isn't cheap _____. I can't buy it!

- a. very
- b. enough
- c. too



3. Joe can't travel to New York tomorrow. He's _____ tired.

- a. enough
- b. ago
- c. too



4. My cell phone is _____ old. I need to buy a new one!

- a. too
- b. ago
- c. enough



5. What coat is yours? The black _____.

- a. two
- b. one
- c. ones



6. Sue always wears big sunglasses like these _____.

- a. one
- b. see
- c. ones



7. All songs on this CD are great, but the last _____ is fantastic!

- a. one
- b. day
- c. before

