

### 3f Reading

#### 1 ★ Read the text and match the words to form phrases.

- a 7 am.
- b seven days a week.
- c from Somalia.

Mo Farah is

He has breakfast at

He does training

## MO FARAH

Mo Farah is a great athlete. He is a double Olympic champion runner and holds the British record for the 1,500 m, the 5,000 m and the 10,000 m. He usually gets up early and eats breakfast at 7 am. Then, he starts his training. He has a break for lunch and eats pasta with chicken. After lunch, he does more training until he has dinner at 8 pm.

Athletes like Mo do a lot of training to become champions. Every week, Mo runs up to 135 miles. He hasn't got any days off; he even runs on Sundays. When he wins a race, he does the 'Mobot', a move that his fans copy as they celebrate with him.

When he hasn't got training, Mo spends time with his family. He has got 4 children: 3 daughters and 1 son. He also does a lot of charity work with the Mo Farah Foundation that helps children around the world. Mo works very hard. "Don't dream of winning, train for it!" he says.

Date of birth:  
23rd March, 1983  
Place of birth:  
Somalia, Africa



#### 2 ★★ Decide if the sentences are R (right), W (wrong) or DS (doesn't say).

1 Mo Farah is an Olympic champion.

R  W  DS

2 He only does training in the morning.

R  W  DS

3 Mo sometimes runs in a gym.

R  W  DS

#### 3 ★★★ Answer the questions.

1 When is Mo's birthday?

2 Which British records does he hold?

3 What time does he have dinner?

4 How many children has he got?

# WELL DONE!