

Enjoy Reading Short English Tales-Project

Instructor: Lic. Patricio Calle León TEFL Mst.

Place and Date: Ecuador, February, 2022

READING PRE-TEST

Reading 1

A day in the life of Paula Radcliffe - Marathon Runner

8.30am

Sometimes, my daughter Isla wakes me and my husband, Gary, up, or, more often, we wake her up. After I get up, I always check my pulse. It's usually 38-40 beats per minute. If it is too high, I rest for the day. It's so important to listen to my body. I have a drink and a snack while giving Isla her breakfast.

9.30am

We take Isla to nursery and then I start my training. I run, and Gary rides his bike next to me and gives me drinks. Four times a week, I have a cold bath or go for a swim in a lake after training.

12.30pm

I pick up Isla from nursery and we go home and I eat a big lunch of cereal and fruit. Then I have rice and salmon, or toast and peanut butter. I try to eat as soon as possible after training. After lunch, I play with my daughter.

2pm

I have a nap in the afternoon, and Gary usually takes Isla out while I sleep. When I wake up, I have a drink and a snack while Isla has milk. I eat a lot during the day, especially bananas and dark chocolate.

5pm

I go running again. In total, I run about 145 miles every week. I write about all my runs in my training journal. I record everything, including how I feel and what the weather is like. I train hard every other day, go on an extra-long run every four days and rest every eighth day.

7pm

In the evening, I do my exercises. These keep me strong during long runs. Isla likes to climb on me while I stretch. Gary gives Isla her food and cooks my food while I finish my exercises. Then I finish cooking dinner while Gary gives Isla her bath.

7.30pm

Gary and I eat our dinner. I have red meat four times a week with rice, pasta or potatoes, and lots of vegetables. We also eat a lot of stir-fries, because they're quick and healthy.

8pm

We put Isla to bed and relax. I check my emails and watch TV or chat with Gary. I love police and hospital dramas!

10.30pm

Time for bed. As I brush my teeth, I stand on one leg and then the other. This keeps my legs strong. I enjoy reading, but I haven't read much since Isla was born.

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Read the information about Paula and then circle the correct option.

1 Usually,...

- a. Paula and Gary wake up Isla.
- b. Gary wakes up Paula and Isla.
- c. Isla wakes up Paula and Gary.

2 While Paula has her morning run, Gary...

- a. takes Isla to nursery.
- b. cycles next to her.
- c. goes to work.

3 After training, Paula...

- a. has lunch, has a bath, then picks up her daughter.
- b. has a bath, picks up her daughter, then has lunch.
- c. picks up her daughter, has a bath, then has lunch.

4 After lunch, Gary looks after Isla while Paula...

- a. trains.
- b. sleeps.
- c. eats.

5 Paula...

- a. eats large meals but never eats snacks.
- b. eats large meals and often eats snacks.
- c. eats small meals but often eats snacks.

6 Every two days, Paula

- a. goes for a long run.
- b. runs 145 miles.
- c. trains extra hard.

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7 While Paula does her exercises, her daughter...

- a. has dinner.
- b. climbs on her.
- c. plays with Gary.

8 In the evening,...

- a. Gary bathes Isla, then Gary and Paula eat, then Isla goes to bed.
- b. Gary bathes Isla, then Isla goes to bed, then Gary and Paula eat.
- c. Gary and Paul eat, then Gary bathes Isla, then Isla goes to bed.

9 Paula does exercises to strengthen her legs while she...

- a. cooks dinner.
- b. brushes her teeth.
- c. watches TV.

10 Now that Paula has a daughter, she rarely...

- a. reads.
- b. watches TV.
- c. spends time with Gary.

Reading 2

Is there a typical US family?

SIMONE - I don't think there is a typical US family. For example, my family is very different from my best friend's family. We don't do many things together (I think we are too busy), but my friend's family does most things together – eat, go on vacation, and so on. We are 100% different.

HYO – I think there is a typical family, a family that lives in a house, not an apartment, and eats together maybe 1 or 2 times a week. I think a typical family cooks a special meal on the weekend, but eats too much fast food in the week. My family is not very typical. Eating together is very important to us and we try to meet at the dinner table most nights of the week.

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MARIA – We see typical families in the movies, but I don't think there are families like this in "real life!" I live with my mom, dad and grandma. My mom works in the hospital at night and comes home in the morning. I cook dinner and I leave it in the fridge for her. She eats it for breakfast! My mom says I am the "mom" of our family.

A. Read the following questions and choose the correct answer.

1. **Simone thinks her family is (escribe--a / b / c) to spend time together.**
 - a. very busy
 - b. very typical
 - c. very united

2. **Who has a family that does a lot of things together ____?**
 - a. Hyo
 - b. Simone's friend
 - c. Simone

3. **Hyo's family eats ____ together most days of the week?**
 - a. dinner
 - b. lunch
 - c. special meals

4. **Maria thinks that ____.**
 - a. there are typical families in real life
 - b. there are typical families only in the movies
 - c. her family is very typical

B. Read the following statements and write True (T) or False (F). (0.5 each)

5. Simone does not think her family is the same as her friend's family. ____

6. Eating fast food is very typical for Hyo's family ____

7. Hyo's family lives in a house. ____

8. Maria's mom eats dinner at home ____

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Reading Section 3

Title: _____

1 _____ We have cash, checks, and credit cards, and, of course, we can also pay for things online. But are all these ways of paying the same? Do they all have the same effect on us? The answer is no. Studies show that the way we feel changes depending on how we pay.

2 _____ When you pay with cash, you pay immediately. You know how much it costs and you see that money go. This makes people understand exactly how much something costs. If the price is high, it can make people feel bad.

3 _____ We click the button or put in our PIN number, but we don't really feel that we are paying with our money. This means we don't feel as bad as we do when we pay in cash. Research shows that people are happy to pay up to 100% more for something when they pay by credit card. They do not feel bad in the same way as with cash.

4 _____ If we pay in cash, we think more about how much we pay and how often we buy things. This can help us to cut our spending and save money for the future.

A. Answer the question.

1. Which is the best title for the text?

- a. *Buying things online*
- b. *Paying in different ways*
- c. *Spending lots of money*

B. Skim the paragraphs 1–4 and match the topic sentences to each one.

- a. Let's look at paying with cash.
- b. We can use this information to help us.
- c. Nowadays there are many different ways of paying for the things we buy.
- d. Credit cards and online payments are very different from cash.

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READING 4

1. Read the article and for each question choose the correct option.

Canadian Festivals

Vancouver Island's Pacific Rim Whale Festival

In British Columbia, people have festivals that celebrate the things that make their hometown special. Every year, about 20,000 grey whales swim past the west coast of Vancouver Island. The whales travel from Mexico to the Arctic and back again. The whole trip is about 16,000 kilometers. Every March, the people who live around the Pacific Rim National Park have a festival to celebrate the whales' journey. The festival is the Pacific Rim Whale Festival. The whales travel very close to the shore as they swim north. This allows people to gather together to watch the whales from land and from boats.

Nanaimo's Bathtub Race

On the east coast of Vancouver Island, you can see people moving through the water in a strange type of boat. During the Nanaimo Bathtub Race, people have a big race in boats made from bathtubs! The city of Nanaimo is home to the oldest and most famous bathtub boat race in the world. The race started as a silly event in 1967. Today, Nanaimo's World Championship Bathtub Race is a serious sport that brings racers and visitors from around the world.

C. Vancouver's Dragon Boat Festival

Vancouver is home to another famous festival on the water. This is the Dragon Boat Festival. Dragon boat racing started in China more than 2,000 years ago. It was brought to Vancouver during the World's Fair called Expo 86. The Dragon Boat Festival came back to Vancouver in 1989 to celebrate the many cultures living together in the city. The festival begins with a ceremony. The ceremony wakes up the dragon and gives the people and boats the dragon's strength. Each boat has a dragon's head on the front and a tail on the back. The boat holds a team of about 20 people. The people in the boats paddle to the beat of a drummer. The drummer sits at the front of the dragon boat.

1. How many grey whales swim near Vancouver Island every year?

- A. approximately 20,000
- B. More than 30,000
- C. More than 15,000
- D. No one knows.

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2. Where do the grey whales start their annual trip?

- A. Vancouver Island.
- B. The Arctic.
- C. They start somewhere in the open ocean.
- D. Mexico.

3. Where does the Nanaimo Bathtub Race happen?

- A. Far off the north coast of Vancouver Island.
- B. On the South Shore of Vancouver Island.
- C. On the west side of Vancouver Island.
- D. On the eastside of Vancouver Island.

4. What is special about every boat in the race?

- A. Each boat can carry three people.
- B. Every boat is made from a bathtub.
- C. Every boat gets a safety inspection.
- D. All the boats have sails.

5. How did the Nanaimo Bathtub race change over the last 50 years?

- A. The race became less popular.
- B. There were not bathtub boats in the beginning.
- C. The race started as a funny event, but it became a serious race.
- D. In the beginning, all the boats were sailboats.

6. Where did Dragon Boat Racing begin?

- A. China.
- B. British Columbia.
- C. The east coast of Canada.
- D. Japan.

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7. How do the people in the boat know to paddle together?

- A. In the boats, they all paddle to the beat of a drummer.
- B. They watch the person in front of them.
- C. They stay together because of experience.
- D. All the paddlers count the number of paddle strokes per minute.

Thank you !



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