

1. Read the article. Then read each statement. What does the article say about each statement? Circle (a) *True*, (b) *False*, or (c) *Doesn't say*.

## The Cost of Clutter

We all live with some clutter. But clutter can cost you in more ways than one. Consider these points.

1. **Money** Everything costs something. Think about it: We've all bought something, used it a few times, and then never used it again. Well, everybody makes mistakes, right? But the next time you're getting ready to buy something, ask yourself, "Do I really need it?"
2. **Time** Have you ever spent an hour (or more) looking through all your stuff for your keys, your wallet, or your watch? Then your clutter is costing you time.
3. **Space** If you aren't using something, it's taking up valuable space in your home. This is space you can use for something you really need – or just for living.
4. **Happiness** Have you ever felt stressed or depressed because there is so much clutter in your home? Having a clutter-free home can actually improve people's moods.
5. **Pride** Are you embarrassed when someone visits you without an invitation because your home is so messy? Then your clutter is making you feel bad about yourself and is limiting your opportunity to be with friends.

1. You should think carefully before you buy something new.

- a. True                      b. False                      c. Doesn't say

2. Clutter costs money, but it does not affect the way people live.

- a. True                      b. False                      c. Doesn't say

3. If you've owned something for a long time, you should keep it.

- a. True                      b. False                      c. Doesn't say

4. If you have a messy home, you shouldn't invite your friends there.

- a. True                      b. False                      c. Doesn't say

2. Read the advice column. Then circle the five statements that Sophie would agree with.

## Dear Sophie

**Dear Sophie:** I've been in a long-distance relationship with someone for six months. We keep in contact by phone and email, but we haven't seen each other for over a month. Should I end it?

– Megan

**Dear Megan:** I don't think you should break up. Long-distance relationships can be very difficult, but they're not impossible. These days, there are so many ways to stay in touch with someone you love, so make sure that you call and text regularly, and try to video call as often as possible. Some people find that there are even advantages to this

type of relationship. They say that the distance can help because when you finally get together again, it's extra special because it's quality time.

You need to talk with your boyfriend about what you expect. How often do you want to hear from him – and to actually meet – to stay happy? When (if ever) will you want to settle down together – or at least live in the same city? If you can agree on these things, and stay honest and open with one another, your long-distance relationship could work out really well.

– Sophie

- a. Megan should try to make her long-distance relationship work.
- b. Long-distance relationships never work out.
- c. These days, people are too busy to stay in touch.
- d. There are good things about long-distance relationships.
- e. People in long-distance relationships often have a better time when they are together.
- f. You can't learn a lot about someone's feelings from a long-distance relationship.
- g. It can be good for people in a relationship to be apart for a while.
- h. If you can't spend very much time with your partner, you should break up.
- i. It's important that people in a long-distance relationship talk to their partners about their expectations.

3. Read the article. Then read the statements and circle (a) True, (b) False, or (c) Doesn't say.

### Are Americans eating better?

Most health experts agree: Americans are eating too much, and the population as a whole is getting heavier. But if you look at recent changes in Americans' eating habits, not all of them have been bad. There have been some improvements, although some poor habits remain. Consider these facts.

- Americans are still eating too much meat, but they're eating less beef and more chicken and fish. That's good because chicken and fish have less fat than red meat.
- They're drinking less milk, but they're also eating more cheese than before. So they're still getting too much fat from milk products.
- Americans are eating fewer eggs. Many people think fewer eggs means less heart disease.
- They're eating more carbohydrates such as rice, potatoes, bread, and beans. Some think this is a good change, but others say it's adding to Americans' weight problems.
- Americans are eating about five servings of fruits and vegetables a day. That's not bad, but eight to ten servings would be better.
- Americans are eating too much fat and sugar because they eat too many prepared (fast) foods, which contain these ingredients.



Americans . . .

1. don't eat enough meat.

- a. True                      b. False                      c. Doesn't say

2. used to eat more eggs.

- a. True                      b. False                      c. Doesn't say

3. eat potatoes more often than rice.

- a. True                      b. False                      c. Doesn't say

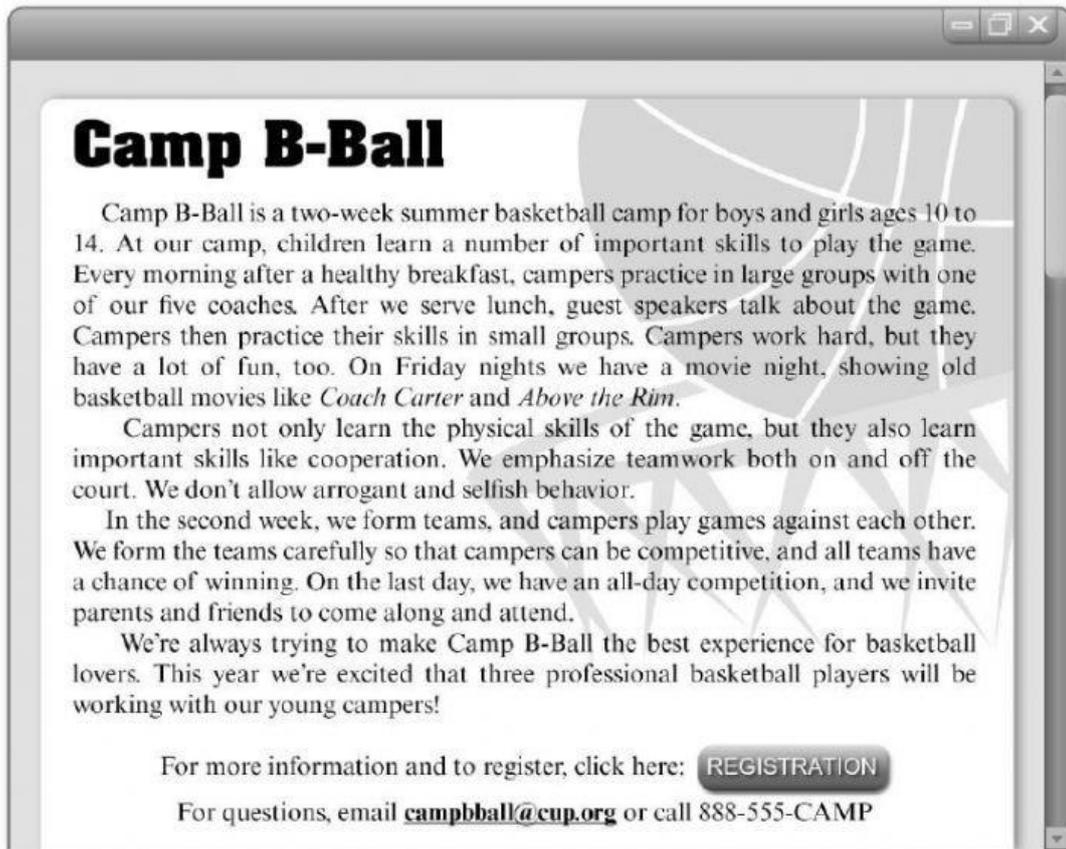
4. should eat more fruits and vegetables.

- a. True                      b. False                      c. Doesn't say

5. eat too little fat.

- a. True                      b. False                      c. Doesn't say

4. Read the description of a basketball camp. Then read the statements and circle (a) True, (b) False, or (c) Doesn't say.



## Camp B-Ball

Camp B-Ball is a two-week summer basketball camp for boys and girls ages 10 to 14. At our camp, children learn a number of important skills to play the game. Every morning after a healthy breakfast, campers practice in large groups with one of our five coaches. After we serve lunch, guest speakers talk about the game. Campers then practice their skills in small groups. Campers work hard, but they have a lot of fun, too. On Friday nights we have a movie night, showing old basketball movies like *Coach Carter* and *Above the Rim*.

Campers not only learn the physical skills of the game, but they also learn important skills like cooperation. We emphasize teamwork both on and off the court. We don't allow arrogant and selfish behavior.

In the second week, we form teams, and campers play games against each other. We form the teams carefully so that campers can be competitive, and all teams have a chance of winning. On the last day, we have an all-day competition, and we invite parents and friends to come along and attend.

We're always trying to make Camp B-Ball the best experience for basketball lovers. This year we're excited that three professional basketball players will be working with our young campers!

For more information and to register, click here: [REGISTRATION](#)

For questions, email [campbball@cup.org](mailto:campbball@cup.org) or call 888-555-CAMP

**1.Children at Camp B-Ball eat at the camp.**

- a.True                      b.False                      c.Doesn't say

**2.Players who are arrogant at the camp are sent home.**

- a.True                      b.False                      c.Doesn't say

**3.Girls and boys play on the same teams at Camp B-Ball.**

- a.True                      b.False                      c.Doesn't say

**4.Parents can watch the final competition.**

- a.True                      b.False                      c.Doesn't say

**5.All coaches at the camp are professional basketball players.**

- a.True                      b.False                      c.Doesn't say