



## LISTEN AND READ



### At the hospital

**Franco:** I feel tired all the time and I often feel grumpy in the mornings.

**Doctor:** Ok, let me ask you some questions first.

**Franco:** Sure.

**Doctor:** How often do you eat fruits and vegetables?

**Franco:** I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

**Doctor:** How often do you use your cell phone?

**Franco:** I am always on my cell phone. I need it to contact my friends and do my homework.

**Doctor:** How often do you drink soda?

**Franco:** I drink soda regularly. I love it.

**Doctor:** Last question. How often do you help others?

**Franco:** I hardly ever have time to help others. I'm too busy with school work!

**Doctor:** Here are my recommendations for you. First, you shouldn't eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.

