

READING

Read the text and write T for True or F for False.

THE GREEN FINGERS FOREST CLEAN-UP PROJECT

On Saturday, 5 July, the Green Fingers Forest Clean-up Project is going to take place at Woodland Forest. The forest used to be the perfect place for hiking and camping. Now nobody goes there because it is very dirty. It is full of rubbish, like plastic bottles, cans and plastic bags. The rubbish pollutes the forest and is bad for all the plants and animals.

If you care about the environment, take part in our forest clean-up event. The clean-up starts at 8.00 a.m. and finishes at 3.00 p.m. Volunteers will meet in the forest car park at 7.30 a.m. and will receive rubbish bags and bottles of water. We expect hundreds of volunteers to join us, and we hope all local schools will take part. A barbecue is going to take place after the clean-up. Everyone is welcome! If lots of people join the clean-up, we can make Woodland Forest beautiful again!

1. In the past, you could hike in Woodland Forest.
2. Volunteers will start the work at half past seven in the morning.
3. Volunteers have to bring bags and water.
4. Food will be available at the end of the clean-up.

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Healthy Living with Susan Miller

Welcome to my blog! As you know, I really enjoy eating delicious meals. When I was younger, I used to cook with lots of olive oil and butter because I wanted my food to be tasty. I used to believe that healthy food meant tasteless food, but today I know better.

One healthy dish that has become my favourite is the chicken salad. This colourful dish gives our body all the necessary vitamins and proteins and tastes amazing too! The secret to a perfect chicken salad is in its ingredients, so make sure you use only the freshest ones. You can use other kinds of meat instead of chicken, but I prefer it because it goes well with vegetables. I like to put lots of lettuce, tomatoes, cucumbers, an onion and a pepper. Then I grate some cheese and mix it in too. Finally, I add a tablespoon of olive oil and pour some fresh lemon juice on top. Try this salad. You are going to love it!

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1. Susan made healthy eating choices from an early age.
2. According to the writer, the secret to a good chicken salad is the number of ingredients.
3. Susan likes to put chicken in her salad because it tastes good with vegetables.
4. Susan mixes the cheese with the vegetables and the chicken and then she adds the olive oil.

