

READING

1) Read the text about Clara. She has a sedentary life and wants to change her daily habits. She wrote some ideas for the future.

My healthy plans



Hi! I am Clara and I am 24 years old. I have a sedentary lifestyle and I want to change my daily habits. I am going to take care of my health by making better choices.

Firstly, I am going to eat more healthy food. I am going to eat more vegetables, fruits, and whole grains every day, and I am not going to eat too much junk food like chips and candy.

In addition, I am going to exercise regularly. I am going to go to the gym three times a week to work out. At the weekend, I am going to take walks in the park or ride my bike. I am conscious that staying active helps me feel strong and have more energy, so I am not going to spend so much time in front of the TV.

Another important habit I want to change is sleeping more. I'm going to sleep at least 8 hours every night and I am not going to stay up with my cell phone until late hours. I'm going to sleep at least 8 hours every night. I know that sleep is very important for my body to recover and stay healthy.

Lastly, I am going to drink a lot of water. I am not going to drink sodas. Instead, I am going to drink at least 8 glasses of water a day. Water helps my body stay hydrated and healthy.

I feel happy planning these habits now. I know that I am going to feel better in the future and stay healthy for a long time!

Activity 1: Read the sentences and choose TRUE or FALSE according to the information from the text.

1. Clara is going to eat more vegetables every day.
2. She is going to eat chips and candies regularly.
3. At the weekend, Clara is going to ride her bike and walk.
4. She is not going to modify her sleeping habits.
5. Clara is going to avoid drinking sodas.
6. She feels positive about her plans for the future.

Activity 2: Choose the correct answer (a, b, or c) for each question.

1. What is Clara going to eat every day?

- a. More vegetables, fruits, and whole grains and less junk food.
- b. Less vegetables, fruits, and whole grains and more junk food.
- c. More vegetables, fruits, and whole grains and more junk food.

2. How often is Clara going to go to the gym to work out?

- a. Once a week
- b. Twice a week
- c. Three times a week

3. How old is Clara?

- a. 25
- b. 26
- c. 24

4. How many hours is Clara going to sleep?

- a. Less than 8 hours
- b. 8 hours or more
- c. 6 hours

5. What is Clara going to drink?

- a. Less water and more sodas
- b. More water and more sodas
- c. More water and no sodas