The Milk Surprise

Aisha usually drank a box of orange juice at lunch. She liked the sweet taste and the bright colour. But one afternoon, her father surprised her by putting a small carton of milk in her lunchbox instead. At first, Aisha frowned. She thought, “Milk is plain and not as fun as juice.”

When lunchtime came, Aisha opened the milk and took a sip. It was cool and creamy. After finishing it, she felt fresh and full of energy. Later that day, during sports practice, Aisha noticed that she could run faster and play longer without feeling tired.

That evening, her father explained that milk has calcium, which makes bones strong and healthy. Aisha realised that even though milk was not as sweet as juice, it gave her strength and helped her do better in her activities. From that day on, she decided to drink milk more often because it was good for her body.

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Part A: Objective Questions (Circle the correct answer)

1. What drink did Aisha usually have at lunch?
   a) Water
   b) Orange juice
   c) Milk

2. Who gave Aisha a carton of milk?
   a) Her teacher
   b) Her father
   c) Her friend

3. How did Aisha feel after drinking the milk?
   a) Tired and sleepy
   b) Fresh and full of energy
   c) Hungry and weak

4. What activity did Aisha do after lunch?
   a) Reading
   b) Sports practice
   c) Drawing

5. What does calcium in milk help to build?
   a) Teeth
   b) Bones
   c) Muscles

6. What is the main idea of the story?
   a) Milk helps us grow strong and healthy
   b) Aisha prefers juice to milk
   c) Sports practice is fun

Part B: Fill in the Blanks

1. Aisha usually drank a box of _____ at lunch.

2. One day, her _____ packed a carton of milk.

3. At first, Aisha thought milk was _____ and not as fun as juice.

4. After drinking the milk, she felt _____ and full of _____.

5. Milk has _____, which makes bones strong and healthy.

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From that day on, Aisha decided to drink _____ more often.

Part C: Short Answer

1. Why did Aisha's father want her to drink milk instead of juice?

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2. How did drinking milk change Aisha's performance in sports?

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3. If you were Aisha, which drink would you choose for lunch : milk or juice? Why?

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4. What important lesson about health does this story teach?

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