



READ

The government tells people to drink milk, but **believe it or not**, the dairy companies help write those rules for years. Big dairy producers have **money** that milk must be part of a balanced diet and school lunches. They **claim** milk is full of calcium and great for bones.

In **actual fact**, many scientists **doubt** these claims saying we can get the same vitamins and minerals from other foods. Still, the **dairy industry** spends millions to make sure milk stays "essential." **Crucial** to this action shows a lack of honesty and that this isn't about health – it's about profit and persuading consumers.

So next time you see that **message** ("milk does a body good"), ask yourself: who really benefits?

What was the title?

Why did you choose this article? What did you expect to read?

Was the article what you expected?

TEEN LIFE HACKS YOU DIDN'T KNOW YOU MUST HAVE!



READ

Life can get messy – school, friends, homework, and a million other things. The good news? Almost everyone struggles like this, and there are lots of hacks to make life easier. Teen blogger Rook shares 20 smart **tips** that make daily life easier. **As a matter of fact**, the claims in this list of tips aren't perfect – just focus on what matters most.

First, use a timer while writing things down, and get small tasks done early. **Need more peace?** Take short breaks every 25 minutes. If you **doubt** these methods, try just one.

Rook's biggest **message** – mistakes are a part of learning. These hacks won't change your life **overnight**, but they'll make every day a little **easier** – and a lot less stressful.

What was the title of your second article?

Was the article what you expected?

I expected to read about....

Vocabulary Focus

Read the three sentences below. The same word is missing in all of them.

Type the missing word in the box.

- If you _____ any of these tips, start with just one.
- Many people _____ that these small changes work, but in actual fact, they do.
- At first, I had my _____ in fact, I was very skeptical.

- They _____ milk is full of calcium and great for bones.
- She _____'s okay if things aren't perfect – just focus on what matters most.
- Some scientists _____ that a vegan diet is good for your body.

- The government tells people to drink milk, but _____ it or not, the dairy companies help write those rules!
- Write down your goals and _____ in yourself and your progress.
- My skin wasn't got cleaner – I couldn't _____ my eyes!

- As a matter of** _____ she claims it's okay if things aren't perfect.
- Many people doubt that these small changes work, but in **actual** _____ scientists claim they do!
- At first, I had my doubts, but _____ I was very skeptical.

- So next time you see that _____ ("milk does a body good"), ask yourself: who really benefits?
- Rook's biggest _____ mistakes are part of learning.
- The main _____ I want to share is: give it a try!

- For years, big dairy producers have insisted that milk must be _____ a balanced diet and school lunches.
- Mistakes are _____ learning.
- Sleep and eat an _____, training too.

READ

I WENT VEGAN FOR 10 WEEKS – HERE'S WHAT HAPPENED

Some scientists _____ that a vegan diet is good for your body. I decided to try it for 10 weeks – even though I'm a serious cheese lover! At first, I had my _____ in _____, but I became very skeptical. But soon I noticed changes. My digestion improved! I rarely felt bloated after meals. I had more energy and no more afternoon fatigue. My skin wasn't got cleaner, and friends started complimenting me. **Meanwhile**, I felt more focused and calm.

I will admit that I missed some non-vegan foods, but the benefits outweighed the cravings. I can say that I now hold _____ in this lifestyle. I'm not planning to quit anytime soon. Vegans may be harder, but it's worth a shot. The main _____ I want to share is: give it a try!