

3. Guided Cloze 3

Read the following passages and choose the correct option that best fits each of the numbered blanks.

My New Healthy Life

Dear Mom,

I am writing to tell you about my new life at boarding school. I am very happy here. Every day, I try to build healthy habits to keep _____(1).

I wake up early at six o'clock. My friends and I _____(2) to school every morning. The campus has a lot of trees and fresh air. At noon, I eat lunch at the cafeteria. The school serves very good food. I often eat _____(3). It is made from _____(4) and is very healthy. I do not drink soft drinks. In the afternoon, I play basketball or badminton. Being _____(5) helps me study better. At night, I always _____(6) and go to bed before ten o'clock. I get eight hours of sleep daily.

I feel strong and healthy. I hope you and Dad are well.

Love,

Nam

- | | | | |
|---------------------|-------------------|-------------------|-----------------|
| 1. a) fit | b) dirty | c) tired | d) chapped |
| 2. a) sleep | b) affect | c) avoid | d) walk |
| 3. a) tofu | b) fast food | c) sweetened food | d) french fries |
| 4. a) fruit | b) green tea | c) soybeans | d) soft drinks |
| 5. a) dirty | b) chapped | c) tired | d) active |
| 6. a) put on weight | b) brush my teeth | c) stay up late | d) get sunburn |