

Reading

1. Look at the photos. What words do you think describe the activity?

slow quick high careful





Yan

 **What do you do to stay healthy?**  

Hello from China! I do a lot of things to stay healthy. I eat fruit and vegetables every day and I go to bed early. I like playing outside, too. But I want to tell you about a sport from my country. It's called t'ai chi. I do t'ai chi every Thursday after school. I sometimes do it on the weekend, too.

T'ai chi is very popular in China. People often do t'ai chi early in the morning, or sometimes in the evening. People do t'ai chi in groups. You can see older people doing t'ai chi in many cities. They do it outside in the park. The moves aren't quick. They are slow and careful.

Young people can do t'ai chi, too! It's good for you. It can help you relax. Would you like to try it?



2. Read again. Answer the questions.

- a) How is t'ai chi different from capoeira? _____
- b) How often does Yan eat vegetables? _____
- c) Which activity does Yan do on the weekend? _____
- d) When do people often do t'ai chi? _____
- e) Where do they do it? _____
- f) Who can do t'ai chi? _____

3. Find examples of too in the text.

Then write more sentences using too.

Look! We can use too at the end of a sentence when we want to add more information.



Example:

I exercise. I drink water.

I exercise. I drink water, too.

- a) Karate is fun. It's good for you. _____
- b) I go fishing. I do art. _____
- c) Capoeira is exciting. It's fun. _____
- d) I go running. Sometimes I do yoga. _____

4. Choose and write sentences with too.

Capoeira is popular. I like tennis. It's dangerous.
~~It's interesting.~~ They play outside.

- 1 Chess is slow. It's interesting, too.
- 2 They play video games. _____
- 3 Skateboarding is fast. _____
- 4 I'm in the cricket team. _____
- 5 Beach volleyball is popular. _____