

PRACTICE 1

Read the text below and answer questions 1 to 8.

Changing for the Better

"Look at Pam. She's so fat! She's not just fat, she's obese."

These were the comments I used to hear from my classmates and even relatives. I had always been a couch potato. My hobbies were eating good food, relaxing on the sofa and sleeping like a log!

One day, my parents told me, "Pam, you are only twelve and you are obese." My mum was very worried. My dad gave me some articles to read on obesity. I read the articles and realised that obesity was a serious health problem that would cause other health problems! I began to feel scared of falling sick.

I decided I needed to have regular exercise and a healthy diet. I started swimming again. My parents were very supportive. They took me to the public swimming pool at weekends. When they were free on weekdays, they would go biking and jogging with me in the park.

Mum took the trouble to prepare special healthy meals for me. No more chips, hamburgers or fried chicken wings! Instead, I had to get used to boiled and steamed food. Fruits and vegetables were on the menu every day. She even prepared healthy snacks such as fruit yogurt and whole-grain cookies, less sweet of course.

At times, I felt like giving up but my parents continued to encourage me. They exercised with me and ate the same kind of food as me. I began to get used to the food and exercise. Soon, I noticed my clothes getting looser. My hard work was paying off.

Today, I am slim and healthy. How did I do it? I have my parents to thank. Now I plan to give testimonies about my journey to inspire other children like me.

Questions 1 to 8

Complete the following table.

Choose no more than three words and/or a number from the text for each answer.

