

Read and write T (true) or F (false).

LaraPo

10:25



Dear Abby,

My name's Lara, and I'm fifteen. I'm worried and stressed. I have to study a lot for school, there's homework every day. I haven't got any free time, and I love doing sports. My mum says "You mustn't eat fast food, it's bad for your health," but I love hot dogs and hamburgers. There's a grocer's next to my school. When I go home, I always buy chocolate biscuits and chocolate. At school, I'm not doing well. My marks this month are worse than last month, but I study. What can I do?



Dear Lara,

A lot of teenagers have your problem. You have to study for school and do your homework, but you can use a calendar to organise your activities. Sports are very good for you, so you have to find some free time to do them. I know chocolate is delicious, and fast food too, but you must be careful. When you eat fast food and chocolate, you don't feel well. Or you feel full of energy for some minutes, and then tired and depressed. Your mother is right, don't eat fast food. But you can have a hamburger or a hot dog once a week, that's OK. It's difficult to be a teenager, but remember, it's more difficult to be an adult!

- 1 This text is part of an encyclopaedia.
- 2 The two texts are related.
- 3 Lara has to do homework every day.
- 4 Lara can do sports in her free time.
- 5 Lara never eats fast food.
- 6 Lara's school is next to the grocer's.
- 7 Lara's marks last month were better.
- 8 Abby is the writer of the second text.
- 9 Fast food and chocolate give you energy for some minutes.
- 10 An adolescent's life is easier than an adult's life.

What does Abby tell Lara to do to be less worried and stressed?