

Activity 1 - Study the notes below and use the information to complete the text.



AVOCADO AND ITS BENEFITS

- Found it Central South Africa by a Spanish historian in 1519
- Has a green skin and a seed, looks like a pear
- A fruit with a lot of vitamins and minerals
- Decrease the risk of obesity, diabetes and heart disease
- Contains fibre which reduce the weight and blood sugar level

Avocado is a fruit that is found originally in South Central Mexico. This fruit was found by

(1) Avocado has a green - skin which
(2) with only a single seed. Avocado is a
fruit that contains (3) that
can provide body with sufficient nutrients. Therefore , it is recognized for its high nutrient
value. Avocado (4)

This is because avocado contains fibre that contributes to weight loss and (5)

Activity 2 -

You want to go to the reading festival together with your friend. Write an e-mail to him / her to tell about the benefits of reading so that he or she wants to join you. Write your email between 50 to 80 words.

READING FESTIVAL! LET'S READ TOGETHER!



Date: 2nd October 2019
Venue: Padang Polo, Ipoh
Bring as many books as you want
Tents and Mats provided for
every visitor
Lie down & enjoy your reading!