

3f Reading

1 ★ Read the text and match the words to form phrases.

- a 7 am.
- b seven days a week.
- c from Somalia.

Mo Farah is

He has breakfast at

He does training

MO FARAH

Date of birth:
23rd March, 1983
Place of birth:
Somalia, Africa

Mo Farah is a great athlete. He is a double Olympic champion runner and holds the British record for the 1,500 m, the 5,000 m and the 10,000 m. He usually gets up early and eats breakfast at 7 am. Then, he starts his training. He has a break for lunch and eats pasta with chicken. After lunch, he does more training until he has dinner at 8 pm.

Athletes like Mo do a lot of training to become champions. Every week, Mo runs up to 135 miles. He hasn't got any days off; he even runs on Sundays. When he wins a race, he does the 'Mobot', a move that his fans copy as they celebrate with him.

When he hasn't got training, Mo spends time with his family. He has got 4 children: 3 daughters and 1 son. He also does a lot of charity work with the Mo Farah Foundation that helps children around the world. Mo works very hard. "Don't dream of winning, train for it!" he says.



2 ★★ Decide if the sentences are **R (right)**, **W (wrong)** or **DS (doesn't say)**.

- 1 Mo Farah is an Olympic champion. R W DS
- 2 He only does training in the morning. R W DS
- 3 Mo sometimes runs in a gym. R W DS

3 ★★★ Answer the questions.

- 1 When is Mo's birthday?
- 2 Which British records does he hold?
- 3 What time does he have dinner?
- 4 How many children has he got?

WELL DONE!