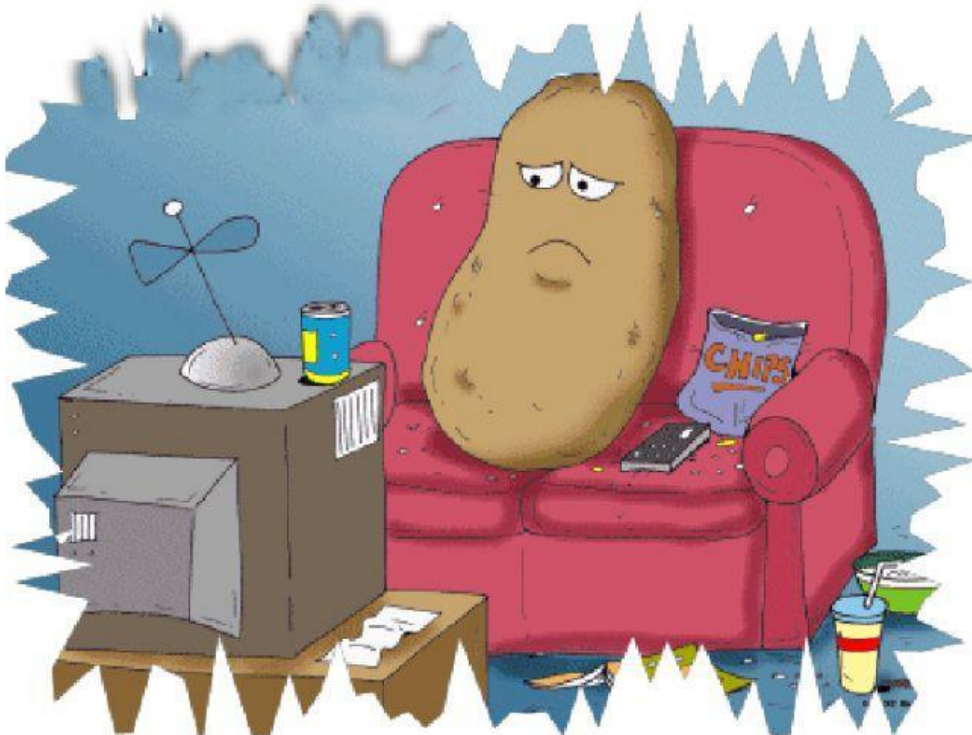


A generation of couch potatoes



Lots of teenagers have posters of their sports hero on (1)____ bedroom wall. But do they follow the healthy examples set by these athletes? British parents are worried that young people are not as fit and healthy as in the past. Why is this?

According to the British Heart Foundation, 13 to 15-year-olds are spending too much time doing sedentary activities such as watching TV or playing computer games. A special report describes a generation of couch potatoes, young people sitting around at home, growing up in their bedrooms, travelling by car and in serious danger of heart disease as (2)____ get older. Is this their fault? Are young people lazy?

Many parents don't allow their children to play outside or walk to school by themselves. "I ring (3)____ Dad on my mobile and he picks me up from the station. It's 10 minutes' walk from home but he thinks (4)____ is dangerous," says 14-year-old Carrie. Some teenagers blame their over protective parents for making them unfit. It is certainly becoming more difficult to encourage young people to have an active life and protect (5)____ hearts. In recent years schools have spent less time on sports. "My Mum did lots of hockey and netball at school but we didn't have time for that this year because (6)____ had so many exams to prepare," says Ben, 16.

Saber 11, part 4.

Read the text and **select** the correct option **(A-D)** to fill in the blank (1-6).

1. A. my
B. his
C. their
D. your
2. A. they
B. it
C. I
D. you
3. A. my
B. your
C. her
D. its
4. A. I
B. you
C. It
D. we
5. A. my
B. your
C. our
D. their
6. A. we
B. you
C. he
D. she

Saber 11, part 5

Read the text again and **select** the correct answer **(A-D)** for each question (7-10).

7. Who sets healthy standards?
A. Athletes
B. British parents
C. Teenagers
D. Heroes
8. What is a **couch potato**?
A. A British Foundation
B. A special TV show
C. A sedentary person
D. A computer game
9. How old is Carrie?
A. 13 years old
B. 14 years old
C. 15 years old
D. 16 years old
10. How far does Carrie live from the station?
A. 10 minutes by car
B. 10 minutes by walking
C. Very far
D. Very close

