



## Text Comprehension

### SIMPLE PRESENT

1. Read the text and choose the correct form of the verbs.

(Leia o texto e escolha a forma correta do verbos.)

#### The Importance of Sleep

Every creature \_\_\_\_\_ to rest. Giraffes, little babies, elephants, dogs, cats, kids, bears, grandparents, moms, dads, and hippos in the jungle - they all (sleep/sleeps)! Just like eating, sleep is necessary for survival.

Sleep \_\_\_\_\_ your body a rest and \_\_\_\_\_ it to prepare for the next day. It is like giving your body a mini-vacation. Sleep also \_\_\_\_\_ your brain a chance to sort things out.

The amount of sleep a person \_\_\_\_\_ depends a lot on his or her age. Babies \_\_\_\_\_ a lot - about 14 to 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most kids between the ages of 5 and 12 years old need 10 to 11 hours of sleep. Some kids might need more and some need less. It depends on the kid.

If you \_\_\_\_\_ not sleep for one night, you will become lazy and angry. If you \_\_\_\_\_ sleep for two nights, you will not be able to think. If you \_\_\_\_\_ not sleep more than five nights, you will start seeing things that are not actually there.

Therefore, you should sleep well every night.

Fonte: <http://lifeskills.wordzila.com/importance-of-sleep/>

2. What is the text about? (O texto fala sobre o quê?)

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3. How many hours do you sleep every night? (Quantas horas você dorme toda noite?)

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4. Why should we sleep and for how long? (Por que nós precisamos dormir e por quanto tempo?)

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