

Why My Mother Is My Best Friend

Many of my friends have best friends mostly teens, around our age. For me, my mother is my best friend. Here are some reasons why my mother is the best kind of friend to have.

I am a competitive swimmer. This means that I train for long hours. From Monday to Friday, my training begins at 5.30 a.m. and continues after school. During the weekends, my training hours are longer. Throughout my training, my mother drives me around tirelessly without any complaints. She always spends time talking with me when we travel. We talk about school, food, fashion and hobbies like any other best friends would.

I rely on my coach for guidance and performance in sport. However, it is my mother who takes care of my body and mental needs. She keeps me healthy by making sure I have a healthy diet. Sometimes, she gives me a special treat to food that I like even when my coach disagrees. She says a happy mind makes the body do wonderful things. I feel she really knows me better than I do myself.

When I suffer pain from my training, the only person I can talk to is my mother. I do not feel shy telling her about the pain I get from training. She never looks down on me or says that I need to toughen up. Instead, she will check the pain to make sure it is not serious. Then she will teach me how to manage it.

A friend in need is a friend indeed. My mother has been more than just a friend in need as she is always there for me. I am very grateful to her for all the love and attention that she has given to me.

25 The writer has swimming lessons from _____ [1 mark]

26 The writer's training hours are longer during _____ [1 mark]

27 The writer talks about _____ and hobbies with her mother. [1 mark]

28 What does the writer rely on her coach for in sport?
_____ [1 mark]

29 The writer keeps healthy by having _____ [1 mark]

30 The writer's coach disagrees on giving her a special treat to _____ that she likes. [1 mark]

31 The writer does not _____ telling her mother about the pain she suffers from training. [1 mark]

32 The writer's mother teaches her _____ the pain that she gets from training. [1 mark]

Questions 33 and 34

Complete the table below with a word from the text.

For each question, write your answer in the space provided on your answer sheet.

Meaning	Word	
33 very pleasant	_____	[1 mark]
34 to deal with a difficult situation	_____	[1 mark]