

For Auditory Learner

Listen the monologue about the procedure text below and complete the blanks using the right answer!



Simple Ways to Get Healthy Life

Hello guys, I'm Zira. I really like living a healthy lifestyle where I can feel the amazing impact within myself. The healthy 1..... I pursue involves always consuming 2..... foods and staying 3..... by drinking water every day according to my body's needs. The quality of 4..... is also very important to consider. If our sleep 5..... is disrupted or not adequate, such as consistently 6..... at night, it can disrupt the function of our brain. Not only that, the body will also be very susceptible to 7..... Additionally, I often 8..... o keep my body fit and 9..... throughout the day. I use to do walking for 30 minuter every morning. Not forgetting, I always help my mother clean the house and also my own bed. Lastly, I always build 10..... with neighbors and relatives. Hopefully, some tips from me can provide motivation for others to always maintain their health.

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Please answer these questions bellow by reading the text above, after completing the task!

1. What does the text above explain about?
2. How many tips for a healthy life are explained in the text?
3. What will happen if someone has poor sleep quality?
4. What kind of exercise does Zira do?
5. What do you think about the tips shared by Zira? Give your opinion!

Answer

1.
 2.
 3.
 4.
 5.
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Thank You!