Date: _____

Text 1 **A** **Read the diary entries.**

Saturday, 11th August

This morning I packed my bag for Health Camp (or Fat Camp, as Josh calls it). I don't want to go. There will be no TV there so I'm watching a lot before I have to go. I'm also eating a lot of my favourite food — bacon sandwiches. I'll miss them!

Sunday, 12th August

My yoga teacher Miss Jones



We got up at 7 a.m. ☹ to do yoga on the beach. I wasn't very graceful — I fell over and crashed into the girl next to me and she fell into the boy next to her and he fell down too! We couldn't stop laughing! Their names are Rosie and Ben.



Later we went canoeing. It was good fun. Dinner was a lot of vegetables with brown rice. I don't normally eat broccoli and cauliflower but I was starving so I ate everything!

Saturday, 18th August

I can't believe I have to go home tomorrow. I have been too busy to write my diary. The best thing is that I can cook now! It is all healthy food like bell peppers stuffed with salad, fat-free muffins (they are my favourite now!) and lemon sorbet (like ice cream but healthier). Mum will be surprised!







Yum! Yum!



Yesterday morning we went for a bike ride in the forest. Before Health Camp I hated exercise, but it was fun! After that we climbed a mountain and had a picnic at the top — pasta salad and fresh fruit.



In the evening we sang songs around the campfire. I'll miss my new friends but we'll keep in touch! Rosie and I will go shopping together. We need to buy some new clothes because we are both thinner now!

LIVEWORKSHEETS

Date: _____

B *Read the diary entries again and write long answers.*

1 What did the writer like to eat best before the camp?

_____

2 What sports did the writer do on 12th August?

_____

☆3 How was the writer different after the camp? Write about two changes.

Before the camp, she _____ .

Now, she _____ .

C *Blacken ● the circles.*

1 Read line 15: I can't believe I have to go home tomorrow. What does the writer mean?

○ A. She is not sure what the date is. ○ B. She thinks there is a mistake.
○ C. She doesn't want to leave so soon. ○ D. She wants to go home earlier.

2 In the final diary entry, why does the writer say 'Mum will be surprised!'?

○ A. Her mum doesn't like ice cream.
○ B. Her mum taught her to cook.
○ C. She can cook now.
○ D. She was too busy to write to her mum.

3 Which sentence is NOT true?

○ A. The writer didn't like the meals on 12th August but she still ate them.
○ B. The writer lost weight at Health Camp.
○ C. The writer met two new friends when she went canoeing.
○ D. The writer went home on Sunday.



How did the writer feel on the first day and the last day of the camp?

☆4 How did the writer feel about the camp?

○ A. She didn't want to go but then she enjoyed it.
○ B. She wanted to go but she was disappointed.
○ C. She was excited about going and she had a great time.
○ D. She was unhappy about going and she didn't enjoy it.

LIVEWORKSHEETS