Name: ..... Class: ..... Date: .....

Check your understanding: True or False

Choose the correct answer.

1. The Pomodoro Technique was invented in the 1980s.	True	False
2. Students and workers can use the technique.	True	False
3. The technique is a bit complicated to use.	True	False
4. You need to break down your tasks into smaller sections.	True	False
5. Each break is called a 'pomodoro'.	True	False
6. Peter uses an app on his mobile to time himself.	True	False
7. After four or five short breaks you can have a longer break.	True	False
8. Peter takes less time to do his homework these days.	True	False

Check your understanding: gap fill

Complete the following passage with no more than three words.

The Pomodoro Technique is designed to help people work effectively and avoid wasting [1.]_____ It helps you to get the maximum [2.]_____ in the time you have. First you have to break down [3.]_____ into steps. Then you use a [4.]_____ to organise your time into intensive work and [5.]_____. You write a list of the things you need to do, set the timer to twenty-five minutes and start working on [6.]_____ on your list. When the timer goes off you stop work for [7.]_____ minutes. Then you repeat these steps four or five times, ticking off items on [8.]_____ as you finish them. After a few short breaks you can take a longer break.

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