

Hamad

I am overweight. I want to be fit. My doctor advised me to go on a diet. He told me to walk and to exercise. So I joined the health club. Now, I walk every day. I exercise three times a week. I eat grilled food, lots of vegetables, and no sweets.

1. What did the doctor advised Hamad to do?
 - a. He advised Hamad to eat lots of sweets.
 - b. He advised Hamad to go on a diet

2. What does he do every day?
 - a. He grills food every day.
 - b. he walks every day.