



READ

The government tells people to drink milk, but **believe it or not**, the dairy companies help write these rules for years. Big dairy producers have **money** but milk must be **part** of a balanced diet and school lunches. They **claim** milk is full of calcium and great for bones.

In **actual** fact, many scientists **doubt** these claims saying we can get the same vitamins and minerals from other foods. Still, the **dairy industry** spends millions to make sure milk stays "essential." Critics say this action shows a lack of honesty and that this isn't about health – it's about profit and persuading consumers.

So next time you see that **message** ("milk does a body good"), ask yourself: who really benefits?

What was the title?

The student

Why did you choose this article? What did you expect to read?

I expected to read about:

The student

Was the article what you expected?

The student

TEEN LIFE HACKS YOU DIDN'T KNOW YOU MUST HAVE!



READ

Life can get messy – school, friends, homework, and a million other things. The good news? Almost everyone struggles like this, and there are lots of hacks to make life easier. Teen blogger Rosh shares 20 smart **tips** that make daily life easier. **As a matter of fact**, the claims in this list of tips aren't perfect – just focus on what matters most.

First, use a timer: write things down, and get small tasks done early. Need more peace? Take short breaks every 25 minutes. If you **doubt** these methods, try just one.

Rosh's biggest **message**: mistakes are **part** of learning. These hacks won't change your life **overnight**, but they'll make every day a little **easier** – and a lot less stressful.

What was the title of your second article?

The student

Was the article what you expected?

You can answer 'Yes' / 'No'

The student

I expected to read about....

The student



Vocabulary Focus

Read the three sentences below. The same word is missing in all of them.

Type the missing word in the box.

1.

- If you _____ any of these tips, start with just one.
- Many people _____ that these small changes work, but in actual fact, they do.
- At first, I had my _____, in fact, I was very skeptical.

2.

- They _____ milk is full of calcium and great for bones.
- She _____ it's okay if things aren't perfect – just focus on what matters most.
- Some scientists _____ that a vegan diet is good for your body.

3.

- The government tells people to drink milk, but _____ it or not, the dairy companies help write these rules!
- Write down your goals and _____ in yourself and your progress.
- My skin even got clearer – I couldn't _____ my eyes!

4.

- **As a matter of** _____ she claims it's okay if things aren't perfect.
- Many people doubt that these small changes work, but **in actual** _____ scientists claim they do!
- At first, I had my doubts. In _____ I was very skeptical.

5.

- So next time you see that _____ ("milk does a body good"), ask yourself: who really benefits?
- Rosh's biggest _____ mistakes are part of learning
- The main _____ I want to share is: give it a try!

6.

- For years, big dairy producers have insisted that milk must be _____ a balanced diet and school lunches.
- Mistakes are _____ learning
- Sleep and eat on _____ training too.

READ

I WENT VEGAN FOR 10 WEEKS – HERE'S WHAT HAPPENED

Some scientists _____ that a vegan diet is good for your body. I decided to try it for 10 weeks – even though I'm a serious cheese lover! At first, I had my d _____ as I _____ I was very skeptical. But soon I noticed changes. My digestion improved! I rarely felt bloated after meals. I had more energy and no more afternoon fatigue. My skin even got clearer, and friends started complimenting me. Mentally, I felt more focused and calm.

I will admit that I missed some non-vegan foods, but the benefits outweighed the cravings. I can say that I now truly b _____ in this lifestyle. I'm not planning to quit anytime soon. Vegan life may be harder, but it's worth a shot. The main m _____ I want to share is: give it a try!