PEEKABOO ENGLISH CENTER
BÀI 2 – PRE-READING
DAY 24 | FLYERS | READING PART 4: HEALTHY LIVING

Name: _____	Class: _____	Date: _____

LEARNING OBJECTIVES

Read for the main idea and specific information. Understand how food choices and everyday habits are connected with health.

INSTRUCTIONS

Read each passage. Choose the best answer A, B or C. There are 15 questions.

PASSAGE 1 – A HEALTH REPORT

A report compared the health of people in different countries. It considered information such as people's life expectancy and the kinds of health conditions they experience. The report included countries from different parts of the world.

QUESTIONS 1–4

1. What was the report about?

A. The health of people in different countries.
B. The cost of travelling around the world.
C. The most popular jobs in different countries.

2. Which type of information did the report consider?

A. People's favourite meals.
B. How long people live.
C. The number of schools in each country.

3. What else did the report look at?

A. The kinds of health conditions people have.
B. The languages people speak.
C. The sports people watch.

4. Which statement is correct about the report?

A. It included information about more than one country.
B. It was only about people in Japan.
C. It was a report about school life.

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PASSAGE 2 – COUNTRIES AND LONG LIFE

Australia, Italy and France were among the countries named in the report. Japan was placed at the top of the list. In Japan, a greater number of people reach an age above eighty than in any other country mentioned in the report.

QUESTIONS 5–8

5. Which three countries were named together in the passage?

A. Australia, Italy and France.
B. Japan, China and France.
C. Australia, Italy and Canada.

6. Which country was at the top of the report's list?

A. France.
B. Japan.
C. Australia.

7. What does the passage say about people in Japan?

A. More people reach an age above eighty there than in other countries.
B. Everyone lives to be exactly eighty.
C. People there never have health problems.

8. What does 'above eighty' mean?

A. Younger than eighty.
B. Exactly eighty years old.
C. Older than eighty.

PASSAGE 3 – FOOD AND HEALTHY HABITS

The report connects Japan's position with the way people eat. Fish and vegetables are common parts of their diet, while red meat and cheese are eaten in smaller amounts. The passage also suggests that people in other countries can make healthier choices in their own lives. Eating more fish and taking part in more physical activity are two examples.

QUESTIONS 9–12

9. Which two foods are eaten a lot in the passage's example?

A. Fish and vegetables.
B. Cheese and red meat.
C. Bread and sweets.

10. Which foods are eaten in smaller amounts?

A. Fish and vegetables.
B. Red meat and cheese.
C. Fruit and rice.

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11. According to the passage, what can people in other countries do?

A. They can make healthier choices where they live.

B. They must move to Japan.

C. They should stop eating all vegetables.

12. Which two habits are recommended?

A. Eating more fish and doing more exercise.

B. Eating more cheese and resting all day.

C. Avoiding all outdoor activities.

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EXTENSION – VOCABULARY & READING SKILLS

13. In the passage, what is a 'report'?

A. A piece of writing that gives information.
B. A ticket for a journey.
C. A list of someone's favourite songs.

14. Which phrase is closest in meaning to 'healthier choices'?

A. Decisions that are better for your health.
B. Things that cost more money.
C. Activities that are difficult to learn.

15. What is the best title for the three passages?

A. Healthy Living Around the World.
B. A Guide to Famous Cities.
C. Different Ways to Travel.

CHECK YOUR WORK

☐ I answered all 15 questions.

☐ I checked my answers against the passages.

☐ I can identify the main idea and supporting details.

LIVEWORKSHEETS