HEALTHY HABITS FOR A BETTER LIFE

READING

PART 1:

Karol's Healthy Daily Routine

Karol is twelve years old. She lives with her family and goes to school every day. She believes that healthy habits are important for a happy life.

Every morning, Karol wakes up at six thirty. She eats eggs, whole-grain bread, and a banana for breakfast. She drinks a glass of water before going to school.

At school, Karol enjoys playing basketball with her friends. She also drinks water during the day and eats fruit during her break.

After school, Karol does her homework and rides her bicycle for thirty minutes. In the evening, she eats dinner with her family. She usually has chicken, rice, and vegetables.

Before going to bed, Karol reads a book instead of using her phone. She goes to sleep at nine thirty because she knows that getting enough sleep is important for her health.

Karol thinks that eating healthy food, exercising regularly, drinking water, and sleeping well help her feel happy and energetic.

PART B.

MULTIPLE CHOICE
Choose the correct answer.

1. What does Karol eat for breakfast?
A. Pizza and soda

B. Eggs, bread, and a banana

C. Chicken and rice

D. Cookies and milk

2. What sport does Karol play at school?
A. Football

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B. Tennis

C. Basketball

D. Volleyball

3. How long does Karol ride her bicycle?
A. Ten minutes

B. Twenty minutes

C. Thirty minutes

D. One hour

4. What does Karol do before going to bed?
A. Watches television

B. Plays video games

C. Uses her phone

D. Reads a book

PART C.

TRUE OR FALSE
Read each statement and mark True or False.

5. Karol wakes up at 6:30 every morning. ☐ True ☐ False

6. Karol never drinks water at school. ☐ True ☐ False

7. Karol goes to bed at 9:30. ☐ True ☐ False

PART D.

MATCHING
Match each healthy habit (8–10) with its benefit (A–C).

8. Eating fruits and vegetables _____

9. Exercising regularly _____

10. Getting enough sleep _____

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A. Helps the body rest_____

B. Provides vitamins_____

C. Keeps the body active_____

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