

Read the text. Then complete the task.

Dear Nada.

I got your email about your worries about your weight. You asked me about the best help to lose weight and become fit.

Well, I advise you not to think about media messages which tell you to change yourself. Some commercial companies publish them in magazines, on the internet, or on television to get you to buy something just for making money. These media messages tell you that if you are thin, you will be beautiful, happy and in control of your life. But in real life, people who are happy and successful are different in shapes and sizes.

In addition, many teens hear about different ways to lose weight through media messages. So, they go on unhealthy diets to change their bodies and feel better about how they look at themselves. When they go on a diet, they skip some meals and eat little food.

If you want to be happy, I advise you to think positively of yourself. If you still want to go on a diet, you will see a sheet attached to this email. It contains facts about diet, suggestions about what to do and where to go if you still want to lose some weight.

Best wishes,

Suzi

For each question, write a short answer (not more than **FOUR WORDS**).

1. What is Nada worried about?

2. Where do teens see messages about losing weight?

3. Why do many teens go on a diet?

4. What do teens usually do to go on a diet?

5. What is Suzi's advice to Nada in order to be happy?